

Campus Dish

Campus Dining Newsletter



WILLIAM & MARY
NUTRITION SERVICES

March 2019

The Power of Food

March is National Nutrition Month,

designated by the Academy of Nutrition and Dietetics as a time to highlight the power of food within our bodies.

Food is more than just something we eat a few times a day. Every nutrient has a purpose in our health and wellbeing. When you think about food and the role it plays in our bodies, you may think about fuel and energy, building with protein, sweeping our digestive tract with fiber, or protecting your heart with omega-3 fatty acids. Every nutrient is a puzzle piece, working together with other nutrients to repair, energize, and support our day to day lives.

Nutrition means something different to everyone. At William & Mary we have students, faculty, and staff members that following a wide variety of diets for religious, personal, or health related reasons—Halal, vegan, vegetarian, gluten free, dairy free, peanut or tree nut free, paleo, and ketogenic just to name a few.

To say one diet is better than another is a stretch. Every nutrition plan is specific to that individual person. It may work well for them, but not their family member or best friend. Each of us is different in the way we breakdown, metabolize, and use nutrients. Creating a nutrition plan that works for you and your specific goals can take time!

 Academy of Nutrition and Dietetics



If everyone is different, then how do we choose foods that fuel our individual goals? Here are a few specific guidelines to support a balanced diet.

1. **Include more vegetables.** Raw, roasted, sautéed, or steamed vegetables are a powerhouse of nutrition providing you with vitamins, minerals, antioxidants, and fiber to fuel your metabolism.
2. Yes, we need protein but not as much as you would think. **Our bodies need protein to rebuild and repair** and we can often get all the protein we need from food sources. Chicken breast that is about the size of your palm or a deck of cards provides 20-25 g of protein. If you include a plant or lean animal protein at every meal you will have no problem meeting your protein needs.
3. The body's **primary fuel is carbohydrates.** Including complex carbohydrates such as oatmeal, sweet potatoes, brown rice, quinoa, or beans with each meal will give your brain and muscles the energy they need.
4. **Limit processed foods.** These foods are often loaded with added sugar. Too much added sugar can lead to energy crashes and increased inflammation in the body.

If you have questions about nutrition or would like to schedule an appointment with the campus dietitian contact Stephanie, our campus dietitian at smmay@wm.edu



UNLOCK THE POTENTIAL OF FOOD



Join Stephanie & Campus Executive Chefs for a monthly cooking demo series.
Next Class is March 12 at 3 pm

Take home ingredients to recreate the meal in your dorm

To register visit:
<http://bit.ly/wellnessWM>

