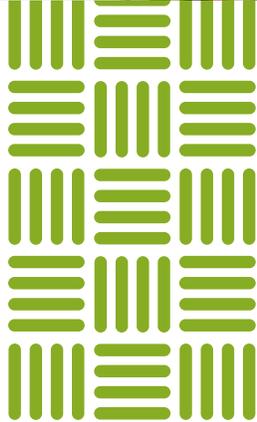


The Mindful Munch

Food and Nutrition Tips for College

What's
Inside

Nutrition and Stress | Power Snacks | Foods that Heal | Hydration
Protein Superstars | Meal Plan Maximizers | DIY Creations | Resources



Welcome to the Mindful Munch, your resource for planning and eating healthy on campus. These tips and strategies will help you optimize nutrition for your best performance. You may contact me for additional resources or specific nutrition questions.

A better tomorrow starts today!



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Nutrition and Stress

Good nutrition protects against stress. But a poor diet can add stress to your body & affect your mood. Stress can bother your appetite, sleep patterns & bowel habits (may experience irritable bowel/diarrhea).

Fuel up every 3-4 hours (while awake) for a steady supply of nutrients & stable blood sugar. This helps manage appetite, concentration, memory & mood.

- Know your campus dining [locations & hours](#).
- Sign up for notifications.
- Look for the Mindful logo for healthy options. 
- To learn more, click [HERE](#)
- » Learn [healthy eating strategies](#) from our Sodexo dietitians.

Get your antioxidants found in [colorful fruits & vegetables](#). They counteract harmful molecules produced when your body is stressed. Aim for 5 colors a day.

- You can fuel up on Plant Power at various food stations at the dining hall, whether burgers, casseroles, pizza, salad, sandwiches, soup, stir fry, & more.
- Mix & match colors– the more the better.



EAT THE RAINBOW

- Go green with bell pepper, broccoli, cabbage, celery, collard or turnip greens, cucumber, grapes, green beans, lettuce, okra, pear, peas, spinach, zucchini
- Go red with apples, bell pepper, cranberry, red onion, strawberry, tomato, watermelon & more
- Go orange with butternut squash, cantaloupe, carrot, orange, peach, pumpkin, sweet potato
- Go yellow with apricot, bell pepper, corn, pear, pineapple, summer squash
- Go blue/purple with blueberry, eggplant, grape, plum, raisin

Get your omega-3 fats for hormone balance & brain function– low intakes can result in anxiety & depression. Good food sources are brussels sprouts, flax seed, kale, oatmeal, peanut butter, pumpkin seeds, salmon, spinach, & walnuts.

Fill up on fiber rich carbohydrates such as beans, brown rice, fruit, oatmeal, nuts, whole-grain bread & pasta. They provide a steady supply of energy & nutrients. Aim for 5 a day.

Can you identify which stress-fighting foods are offered at the Dining Hall?

- If you know a stressful or busy time is coming, prepare by eating more of these foods & stocking up on quick, healthy snacks.
- Remember to wash your hands before eating or prepping food.

Source: *American Journal of Clinical Nutrition, Journal of Psychiatric Research, Fruits & Veggies More Matters*

Power Snacks

Energy-boosting combos to fuel your workouts & study sessions.
Before eating or prepping food, go wash your hands!

Snacks should contain **2 to 3 food groups** for a variety of nutrients. Power Carbs will energize you. Fiber & protein will keep you from getting hungry too soon. (See The VIPs of Protein, p.10)

Before Bed

If you have an early class, practice or competition, and/or will likely skip breakfast

- Eat a snack 1-2 hours before bed
- Choose easy-to-digest foods such as cereal & milk, peanut butter crackers, yogurt with granola.

Pre-Game/Exercise

Combine easy-to-digest carbs & protein, providing about 200-300 calories, 1 hour before activity.

- Bagel or toast with peanut butter
- Chocolate milk
- Banana & yogurt
- Cottage cheese & crackers
- Fruit smoothie



Post-Game/Exercise

Within 30-60 minutes after activity, consume more carbs (30 g) & protein (10 g) for enhanced recovery. Carry healthy snacks with you to be available.

- Fruit (apple, banana, orange)
- Graham crackers
- Granola bars
- Juice box
- Peanut butter sandwich
- Raisins
- Trail mix with nuts

Before a Mental Marathon

(exam prep, presentation or test)

Eat brain foods 30-45 minutes beforehand, for mental focus & clarity.

- Fruits – avocado, banana, berries, citrus
- Grains – oatmeal, pasta, potato, whole-grain bread (bagel, English muffin, pancake, toast, tortilla) & cereal
- Nuts (nut butters) & seeds

TIP: Spread peanut butter & sliced banana on whole-wheat toast for an exam-jam snack.

These carbohydrate rich foods are available at different food stations in the Dining Hall.

Source: American College of Sports Medicine, Today's Dietitian- "Eating for Energy"



Tea

rich in antioxidants to
fight illness



Foods that Heal

Resist illness & recover faster with proper nutrition & rest.

When we're sick

- Fever & infection increases protein needs
- Sweating increases fluid and electrolyte needs
- Sore throat hinders swallowing
- Nausea lowers appetite
- Stuffy nose decreases taste and smell

Stay well hydrated to replace electrolytes lost through diarrhea/vomiting & sweat

- Coconut water
- Diluted juices
- Spa water (infused with herb, fruit, or veg)
- Sports drinks

Choose soothing drinks to help congestion, nausea, sore throat, & stomach pain

- Hot cider & tea
- Chamomile & ginger tea (anti-inflammatory)
- Green & black tea (rich in antioxidants to fight illness)
- Clear broths
- Clear non-caffeinated soda, such as ginger ale

Heat ginger ale in the microwave for 60-90 seconds; add chamomile tea bag & steep for 2 minutes. Sip slowly.

Choose easily digested protein for immune cells and strength

- Chicken noodle soup (amino acid, cysteine, also helps to thin mucus)
- Eggs (also rich in zinc that supports immune function)
- Gelatin
- Pudding
- Yogurt (also has probiotics that support immune function)

Choose easily digested carbs for energy and recovery

- Hot cereal – grits, oatmeal
- White rice
- Mashed potatoes
- Fruit cups (vitamin C helps shorten illness)
- Bananas & oranges (electrolytes help achy muscles)
- Applesauce (easy to swallow with sore throat)
- Crackers, pretzels, dry toast (help upset stomach)

Stock up on these foods during cold & flu season (peaks Dec. through Feb.) & maintain a healthy diet. Remember to wash your hands often and use other [stay-healthy strategies](#).

Source: Academy of Nutrition & Dietetics, Today's Dietitian - "Integrative Medicine Embraces Nutrition"





Stay well hydrated to feel & perform your best. Your body is about 60% water & your brain ~75% water.

When we're dehydrated, our body & mood changes:

- We get tired, irritable, constipated, forgetful, impatient
- Head & joints ache
- Judgment is impaired
- Mouth & skin gets dry
- Muscles cramp

Drink more water than flavored beverages (coffee, soda, juice drinks).

Choose foods with high-water content, in addition to drinks.

- Applesauce
- Soup
- Tomato sauce
- Yogurt
- Vegetables & fruit (also rich in water-soluble vitamins)

HIGHEST WATER CONTENT FOODS



Strawberry, Watermelon, Grapefruit, Cantaloupe, Peach, Orange, Pineapple, Blueberry, Plum



Cucumber, Lettuce, Celery, Radish, Zucchini, Tomato, Cabbage, Cauliflower, Eggplant, Bell Pepper, Spinach, Broccoli, Carrot

Source: Institute of Medicine, WebMD

Peak Hydration

The VIPs (Very Important Proteins)

Nutrient-dense protein foods for a strong mind & body

Plant Protein	Serving Size	Avg. per serving	Other key nutrients
Tofu	3 oz	15 g	iron, calcium
Pinto beans	½ cup (cooked)	11 g	fiber, folate, copper
Quinoa	1 cup (cooked)	9 g	fiber, iron, B vitamins
Black beans, kidney beans	½ cup (cooked)	8 g	fiber, folate, potassium
Chick peas/hummus	½ cup (cooked)	7 g	fiber, folate, iron, zinc
Black-eyed peas	½ cup (cooked)	7 g	fiber, folate, iron, zinc
Peanut/nut butter	2 Tbsp (1 Tbsp)	7 g	vit. E, magnesium
Sunflower seeds	2 Tbsp	6 g	fiber, omega-3, iron
Oatmeal	1 cup (cooked)	5 g	fiber, manganese, thiamine (B1)
Walnuts	2 Tbsp	4 g	omega-3, copper, biotin

Animal Protein	Serving Size	Avg. per serving	Other nutrients
Chicken	3 oz	28 g	niacin, selenium
Turkey	3 oz	25 g	niacin, selenium, zinc
Tuna	3 oz	22 g	omega-3
Salmon	3 oz	22 g	omega-3
Shrimp	3 oz	20 g	
Cottage cheese	4 oz	14 g	calcium & vit. D
Milk	8 oz	8 g	calcium & vit. D
Egg, large	1 oz	6 g	leutin
Yogurt, regular	4 oz	4 g	calcium & vit. D

Source: USDA Nutrient Database

Vary your protein.

- Combination of foods to form 25% of meal (¼ of the plate)
- Aim for 20-30 grams - excess protein can't be stored; it must be removed.

Need more protein? Eat more often, not more at one meal.

- Avoid costly supplements- food is the easiest, most effective (& least costly) way to meet needs.
- The Dining Hall offers 5 or more protein options per meal period!

TOO MUCH protein causes your kidneys to work harder to remove nitrogen waste through urine. This can lead to:
DEHYDRATION | KIDNEY STONES | STRONG BODY ODOR | BAD BREATH | WEAK BONES

Help Me OUT

Manage your meal plan & nutrition with these helpful Sodexo resources and links

- Get to know your meal plan and what it offers: [CLICK HERE](#)
- Download the Bite app on your phone with the code **S4YN7** and view weekly menus
- Nutrition Calculator-Calculate your dietary nutrition intake with our handy nutrition calculator: [CLICK HERE](#)
- Mindful Website-Learn how Sodexo is making eating healthy second nature with informative articles, recipes and giveaways. [CLICK HERE](#)



CONTACT DINING SERVICES

Our team is always available to you. Please feel free to contact us.

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[CLICK HERE FOR FULL TEAM LISTING](#)