

Wellness InSTALLments

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Programs & Events

11/4 - Healthy Hump Day:

Medical Marijuana

In front of P&W
11:00am—2:00pm

11/5 - Rx Take Back

Cohen Center Atrium
11:00am—3:00pm

11/11 - Healthy Hump Day:

AIDS/HIV

In front of P&W
11:00am—2:00pm

11/18 - Healthy Hump Day:

The Great American Smokeout

In front of P&W
11:00am—2:00pm

11/19 - Boozin' Bingo

Eagles' Landing
6:00—7:00pm

12/2 - PUPPYPALOOZA

Cohen Center Lawn
10:00am—1:00pm

12/3 - PUPPYPALOOZA

Cohen Center Lawn
1:00—4:00pm

Please see our online calendar for a full, updated schedule



Question of the Month

True or False? To follow a healthy eating pattern, every single food must be low in fat.

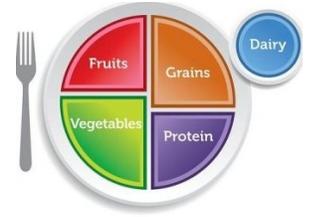
Email Prevention & Wellness at pws@fgcu.edu with the correct answer to enter into a drawing for: \$10 of Eagle Dollars!

Know Your Nutrition

Our college and university years are some of the most formative years. Many college students are living on their own for the first time, learning to prepare their own meals, and developing exercise routines that fit their busy schedules. We encourage you to consider alternative solutions and diets—such as those offered on MyPlate and on campus—that promote healthy lifestyles that you can maintain beyond your academic years. **Figuring out those balanced**

diets, however, can be challenging, as many nutritional practices and their results are solely based on the individual. In the end, the fact is there is no sole diet that works for everyone.

Each individual needs to discover what nutritional methods work for them such as the foods they enjoy, possible allergies, their schedule, their budget options, and more. These common factors can help determine *your* eating healthy. <http://www.choosemyplate.gov>



Take Back Your Tummy



Every year we become enthused for Thanksgiving because it reminds us of a nice home-cooked meal, but what happens when we are not at home? With our busy schedules and being away from home, sometimes we resort to what is the most convenient—quick and easy—to eat. However, is it always the most nutritious? Restaurants, grocery stores, or fast-food places offer a variety of options when eating out, but larger portions and too many extras can make it difficult to stay within your calorie needs. Below are some tips to make healthier choices when eating food away from home.

- ◆ **Consider your drink** - Choose water, fat-free or low-fat milk, unsweetened tea, and other drinks without added sugars to complement your meal.
- ◆ **Savor a salad** - Start your meal with a salad packed with vegetables to help you feel satisfied sooner. Ask for dressing on the side and use a small amount of it.
- ◆ **Size matters**: Divide a main entree between family and friends, or save half for later. Eat from a smaller plate to help you eat a smaller portion.
- ◆ **Select from the sides**: Order a side dish or an appetizer-sized portion instead of a regular entree. They're usually served on smaller plates and in smaller amounts.
- ◆ **Pack a snack**: Pack fruit, sliced vegetables, low-fat string cheese, or nuts to eat during road trips or long commutes. No need to stop for other food when these snacks are ready-to-eat.
- ◆ **Fill your plate with vegetables and fruit**: Get creative with stir-fries and kabobs filled with vegetables. Enjoy fruits for dessert for something sweet and healthy!



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