

HEALTHY EATING

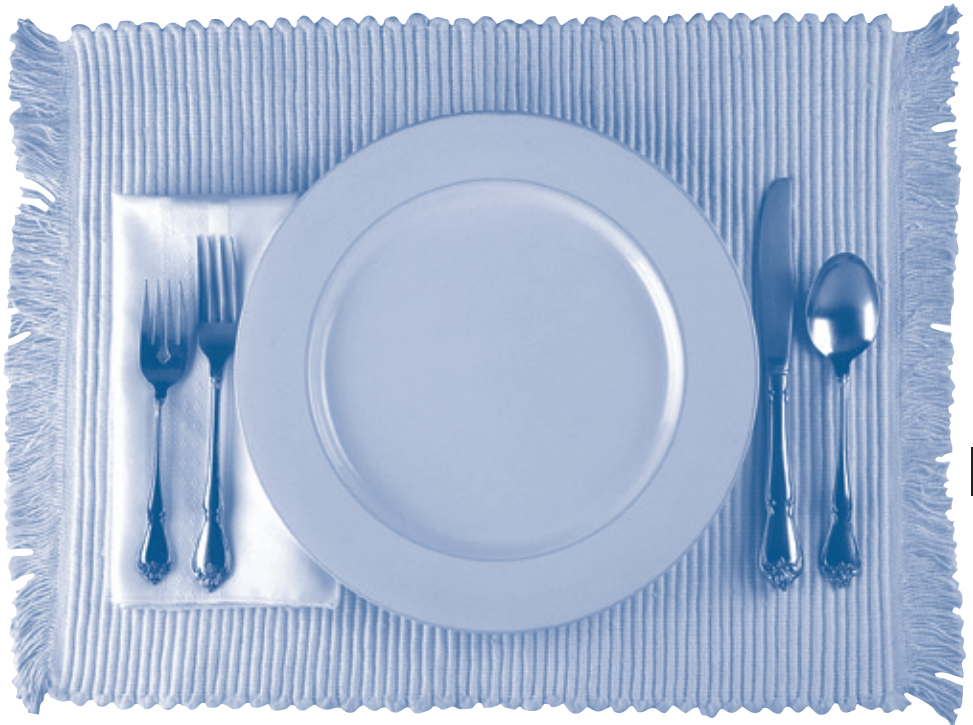
For Off-Campus
Students

SYRACUSE UNIVERSITY

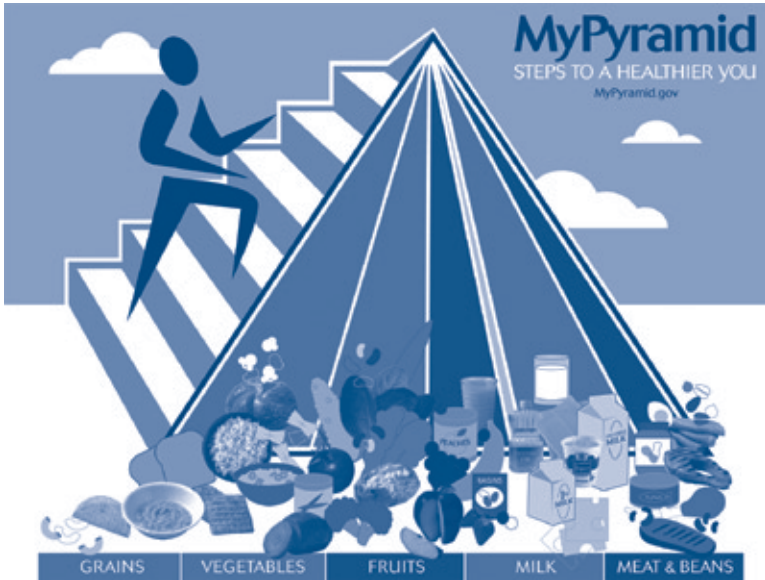


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► Food Guide Pyramid



One size doesn't fit all with the new food pyramid! Visit www.mypyramid.gov for a personalized pyramid based on your activity level. The site includes meal plans for 12 different calorie levels, sample seven-day menus, and a program to track your food intake. Use the advice "Inside The Pyramid" to help you do the following:

- Make smart choices from every food group.
- Balance food and physical activity.
- Get the most nutrition out of your calories.

► The Basics of Nutrition

MIX UP YOUR CHOICES WITHIN EACH FOOD GROUP.

- Focus on fruits.
- Vary your veggies.
- Eat calcium-rich foods.
- Make half your grains whole.
- Go lean with protein.

FIND YOUR BALANCE BETWEEN FOOD AND PHYSICAL ACTIVITY.

- Be physically active for at least 30 minutes most days of the week.
- To prevent weight gain if you're less active, decrease your intake of calories from low nutrient dense foods like soda, desserts, and fried foods.
- If you need to lose weight, aim for 60 minutes of activity at least five days a week.

GET THE MOST NUTRITION OUT OF YOUR CALORIES.

Choose the most nutritionally rich foods you can from each food group each day—those packed with vitamins, minerals, fiber, and other nutrients, but lower in calories. Pick foods like fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products more often.

Don't sugarcoat it. Since sugars contribute calories with few, if any, nutrients, look for foods and beverages low in added sugars.

Know your fats. Look for foods low in saturated fats, trans fats, and cholesterol to help reduce the risk of heart disease. Choose mostly unsaturated fats from vegetable oils, nuts, and fish.

Reduce sodium (salt) and increase potassium. Eating less than 2,300 milligrams of sodium (about one teaspoon of salt) per day may reduce the risk of high blood pressure. Eating more fruits, vegetables, and other foods high in potassium helps counteract some of sodium's effects on blood pressure.

About alcohol.

If you choose to drink alcohol, do so in moderation.

How Many Servings Do You Need Each Day?

Daily Amount of Food From Each Group

Calorie Level	1,600	2,000	2,800
Fruits	1.5 cups	2 cups	2.5 cups
Vegetables	2 cups	2.5 cups	3.5 cups
Grains	5 oz. equivalent	6 oz. equivalent	10 oz. equivalent
Meats and Beans	5 oz. equivalent	5.5 oz. equivalent	7 oz. equivalent
Milk	3 cups	3 cups	3 cups
Oil	5 tsp.	6 tsp.	8 tsp.
Discretionary Calorie Allowance	132	267	426

- **Fruit Group:** Eat a variety of fruits—whether fresh, frozen, canned, or dried—rather than fruit juice, for most of your fruit choices.
- **Vegetable Group:** Eat more dark green vegetables like broccoli, spinach, and romaine lettuce and orange vegetables like carrots, sweet potatoes, and winter squash.
- **Milk Group:** Choose fat-free and low-fat dairy milk, yogurt, and cheese.
- **Grains:** At least half of the grains you eat should be whole grain. Grains include all foods made from wheat, rice, oats, cornmeal, or barley, such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. One ounce is about one slice of bread, one cup of breakfast cereal, or half a cup of cooked rice or pasta.
- **Meats and Beans:** Choose lean meats and poultry. Have fish twice a week. Include beans in your diet several times a week. Eat nuts regularly.
- **Oils:** Choose canola, olive, corn, soybean, and sunflower oils or mayonnaise and salad dressings made from these oils.

Discretionary Calories Allowance: This is the remaining number of calories you can have once you have met the calories needed for all food groups. The more active you are, the more “extras” you can fit into your diet without weight gain.

How many servings are you eating?

Nutrition Facts	
Serving Size 1 cup (228g)	
Serving Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	• Vitamin C 2%
Calcium 15%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9	• Carbohydrate 4 • Protein 4

Look at calories. More than 400 calories is a high calorie food.

% Daily Value: 5% is low, 20% or more is high.

Get enough fiber.

Don't forget your vitamins!

Limit saturated fat, trans fat, cholesterol, and sodium.

Daily Values reference chart

For more information on nutrition labels:
www.fda.gov/food/labelingnutrition/consumerinformation/ucm078889.htm

Portion Size: What makes up a serving? It's less than you think!

At first glance, it seems that you have to eat a lot to meet the suggestions of the Food Guide Pyramid. You need to look closely, though, at what constitutes one serving of each food group. A serving size is smaller than you think! Below is a chart that converts serving sizes of different foods into commonly known objects.

SERVING SIZE:

COMPARE TO:

Grains (5-10 oz. a day)

- 1 slice of bread
- 1/2 cup of rice or pasta
- 1/2 cup of ready to eat cereal
- 1 6-inch tortilla
- 1/2 bun, bagel, or English muffin
- 1 small roll, biscuit, or muffin
- 3-4 small or 2 large crackers

- a CD case
- full cupcake wrapper
- 1/2 a medium sized apple
- bread plate

Vegetables (2-5 cups a day)

- 1 cup of raw leafy vegetables
- 1/2 cup chopped vegetables
- 1 medium potato
- 1/2 cup vegetable juice

- a fist or a baseball
- an ice cream scoop
- a computer mouse
- a small styrofoam cup

Fruits (2-3 cups a day)

- 1 medium apple, orange pear or similar size fruit
- 1/2 cup chopped or canned fruit
- 1/2 cup grapes (apx. 15 grapes)
- 1/2 cup raisins or other dried fruit
- 1/2 melon wedge

- a tennis ball
- 7 cotton balls
- a light bulb
- an egg

Milk, yogurt, and cheese (3 cups a day)

- 1 cup milk or yogurt
- 1 1/2 ounces of natural cheese

- a teacup
- 3 dominoes

Meat, poultry, fish, dry beans, eggs and nuts (5-7 oz. equivalent a day)

2-3 ounces of lean cooked meat
such as sirloin, round, or chuck beef,
tenderloin pork, chops or legs of
lamb, veal, or light-meat

poultry without skin

3 ounces of grilled fish

3 ounces of tofu

2 tablespoons of peanut butter

1 ounce of nuts

1/2 cup of dry beans

1 egg

a deck of cards

a checkbook

3 dice

a ping pong ball

a handful

an ice cream scoop

Fats, oils and sweets (5 tsp. healthy fats a day)

1/2 cup of ice cream

1 teaspoon of butter, margarine,
salad dressing, or mayonnaise

2 tablespoons butter, margarine,
salad dressing, or mayonnaise

tennis ball

tip of your thumb

a ping pong ball

Dining centers serving dishes

1/2 cup

1 1/2 cups

a small dining center

fruit bowl

large dining center

cereal/soup bowl

*Information provided by Michelle P. Gallant, M.S., R.D.,
registered dietitian and nutritionist.*

► Preparing to Eat Healthy... on a Budget

You can eat healthy without spending a lot of money. Just remember these tips:

1. Use coupons and discount cards, and look for sales.
2. Buy generic brands. Shop the bulk foods section.
3. Don't shop when you're hungry—you'll buy more and probably choose unhealthy foods!
4. Make dishes that you can refrigerate or freeze for another meal.
5. Avoid recipes with very expensive ingredients. Look for healthy recipes with low-cost ingredients like the ones in this book!
6. Look at unit prices and avoid "convenience foods."
7. Plan ahead to minimize waste.
8. Cooking for yourself saves you a lot of money compared to takeout.

► Is That Okay to Eat? Food Safety

Determining if refrigerated, frozen, or shelved food is safe to eat is difficult sometimes. In addition, you need to know how to handle foods safely. Do you know how to prepare chicken to ensure you don't get salmonella?

Here are some rules of thumb for food safety:

When shopping:

- Shop for foods that you shelve (canned goods, breads, etc.) first.
- Buy refrigerated, frozen foods, and prepared foods last.
- Don't choose raw meats, poultry, or fish that are warm to the touch or that have damaged packages.
- Check "sell-by" and "use-by" dates on foods—especially milk, yogurt, cheese, and prepared foods.

When handling:

- Once you purchase foods, go home and place them in your refrigerator or freezer immediately.



- Hot perishable foods bought at the deli should be kept warm and eaten within two hours.
- Always wash your hands with warm soapy water before preparing foods and after handling raw meat, poultry, or seafood.
- Don't let raw juices from meat, poultry, or seafood touch other foods.

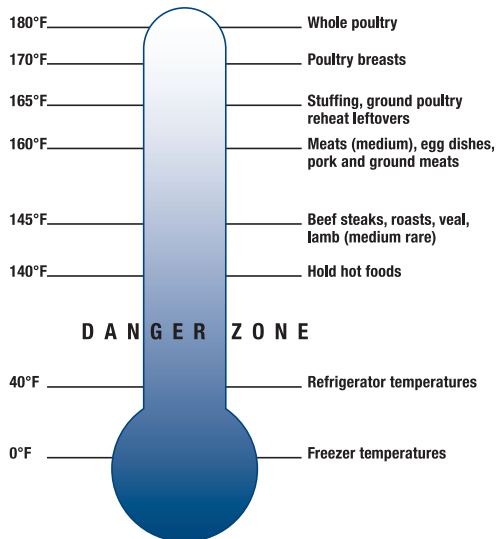
When refrigerating:

- Set the refrigerator to 40 degrees or below.
- Leave meat and poultry in the store packaging because handling them can introduce bacteria.
- Store opened food in foil, plastic wrap, sealed containers, or sealed plastic bags.
- Defrost frozen foods in the refrigerator or microwave—not on the counter.
- Get rid of spoiled food. The bacteria can be spread to other foods.

When freezing:

- To avoid freezer burn, wrap food in airtight foil or plastic wrap, or use freezer bags or sealed containers.
- Put dates on the food in your freezer.
- You can refreeze foods that you thaw in the refrigerator.

Bacteria multiply rapidly between 40 and 140 degrees Fahrenheit, doubling in number in as little as 20 minutes. Keep food out of the danger zone!



Visit www.fightbac.org for more information on safe food handling.

Can I still eat it?

Shelf foods

canned foods
cookies, packaged
jams, jellies
ketchup
mayonnaise
peanut butter
salad dressing

Unopened in pantry

12-18 mos
2 mos
12 mos
12 mos
2-3 mos
6-9 mos
10-12 mos

In refrigerator after opening

3-4 days
8-12 mos frozen
6 mos
6 mos
2 mos
2-3 mos
3 mos

In pantry after opened

4 wks
1 mo

Frozen foods

ice cream
TV dinners, entrees
vegetables

Freezer

2-4 mos
3 mos
8 mos

In refrigerator after thawing

3-4 days

Refrigerated foods

butter
cheese, hard
(cheddar, Swiss)
fish, lean (cod, sole,
flounder, haddock)
fruit juices

margarine
meats, lunch from deli
milk
meat, fresh – beef,
lamb, pork or veal
chops, steaks, or roasts
meat, fresh –
ground meat
poultry, fresh –
chicken or turkey

Refrigerated

1-3 mos
6 mos unopened
3-4 wks opened
1-2 days

3 wks unopened
7-10 days opened
4-5 mos
3-5 days
7 days

Frozen

6-9 mos
6 mos
6 mos
8-12 mos
12 mos
1-2 mos

4-12 mos
3-4 mos
9 mos

Bakery foods

bread, commercial
bread, flat (tortillas, pitas)
cookies, bakery
or homemade

shelf

2-4 days
2-4 days
2-3 wks

refrigerator

7-14 days
4-7 days
2 mos

freezer

3 mos
4 mos
8-12 mos

Fresh fruits and vegetables:

Raw fruits are safe at room temperature, but after ripening, they will mold and rot quickly. Ripe fruit will last longer if refrigerated.

Dense raw vegetables, like potatoes and onions, may be stored at cool room temperature. You should refrigerate other raw vegetables. After cooking vegetables, you must refrigerate them.

► Kitchen Essentials

Here are the basic tools you'll want to have on hand to make cooking easy:

- Two saucepans: a small one for soups and sauces, and a medium one for cooking pasta or steaming vegetables
- Vegetable steamer basket: place it in the medium saucepan to steam veggies
- Nonstick skillet
- Baking sheet(s) and baking pan(s)
- Microwave-safe dishes—glass, ceramic
- Colander or strainer
- Paring knife for peeling and slicing small fruits and vegetables
- Tongs
- A quick read thermometer
- Chef's knife for chopping and cutting larger fruits and vegetables and slicing meats
- Two cutting boards: use one for meats and one for fruits, veggies, and breads
- Wooden spoons and plastic or rubber spatulas, which won't damage nonstick cookware
- Measuring cups and measuring spoons
- Storage containers with lids, in a variety of sizes, for leftovers
- A hand mixer for making smoothies
- An electric grill makes cooking meat, fish, and poultry a snap.
- Plastic wrap and aluminum foil
- Clips for snack bags
- Heavy-duty plastic freezer bags and labels for marking contents and dates on frozen food

For more information on cooking equipment, techniques, and ingredients, visit www.foodsubs.com for "The Cook's Thesaurus."

► Quick Cooking Techniques

Think you have no time to fix a good meal? You'll spend more time (and money!) eating out than preparing these fast dishes. Make enough for leftovers and save more time.

Many free recipes can be found online. The Office of Off-Campus and Commuter Services has recipes available for you in our Library section at offcampus.syr.edu.

STIR-FRY

Vegetable options:

- A bag of frozen mixed vegetables with broccoli, mushrooms, onions, carrots, peppers, etc.
- A bag of fresh pre-cut vegetables for stir-fry
- An assortment of fresh vegetables you chop yourself

Protein options:

- Chicken, pork, beef tenderloin, tofu, or shrimp
- Allow two to four ounces per person

Starch options:

- Whole wheat pasta
- Japanese *udon* noodles or buckwheat *soba* noodles
- Brown rice (buy the quick-cooking type to save time)

Flavoring options:

- Bottled stir-fry sauces
- Oil: toasted sesame oil, spicy hot oil
- Rice wine vinegar
- Asian seasoning blends
- Fresh garlic, ginger, and cilantro
- Nuts or seeds: peanuts, cashews, sesame seeds, pine nuts

Quick Technique

Heat oil in a skillet or wok. Add the protein and cook until tender. Add seasoning as desired. Remove the protein and set it aside. Toss in the vegetables, adding a little more oil or broth if needed. Stir-fry the vegetables until they are done, but still crisp. Add stir-fry sauce or spices. Return the protein to the pan to heat it through again. Serve over rice or pasta.

EGGS AREN'T JUST FOR BREAKFAST!

- In a nonstick frying pan, heat one teaspoon of oil. Sauté two tablespoons of diced onion and one thinly sliced small potato. If you like a little meat flavor with your eggs, add diced turkey sausage or a piece of ham. Add chopped vegetables of your choice—broccoli, mushrooms, zucchini, peppers, or spinach—and sauté until tender. Beat two or three eggs in a small bowl. Pour over the vegetables and stir. Cook until the eggs are set.
- Scramble an egg with some vegetables, top with a dash of salsa, and roll it in a tortilla for a quick and easy meal anytime. Before scrambling, add a little milk to the eggs for extra calcium.

QUICK FOIL COOKING

Grab a bag of fresh pre-cut vegetables for stir-fry or stew. Place in a foil bag or make individual foil packets. Add chicken, beef, pork, or seafood. Top with your favorite marinade. Bake in a 450° oven for 15 to 20 minutes.

Go to www.reynoldskitchen.com for more quick cooking ideas.

SOUPER SUPPER

Canned soup may be quick, but homemade is SUPER!

- Sauté a diced onion in olive oil. Or, if you like spicy food, use hot chili oil. For a fresh Asian flavor, use toasted sesame oil.
- Add your favorite spice blend—Italian, French, Mexican, or Chinese. Start with a teaspoon and add more if you want.
- Sauté diced chicken, diced tofu, or ground turkey or beef if desired.
- Pour in a can of beef, chicken, or vegetable broth. A can of diced tomatoes adds flavor.
- Add a starch—barley, rice, or noodles—and simmer until tender. One half to one cup of starch is plenty for a small pot of soup as it will double in cooking.
- Drain a can of beans—Great Northern, black beans, or pinto—and add to the soup. Toss in a bag of frozen vegetables and simmer for another five minutes.
- Serve with grated cheese and crunchy whole grain bread.

Souped Up Canned SoUp

OK, so you don't have the time or energy to make homemade soup, but a plain can of soup just isn't satisfying as a meal. Jazz it up by

adding fresh or frozen vegetables, leftover cut-up chicken, and a dash of hot sauce. Turn a can of tomato soup into a meal by adding beans, elbow macaroni, and vegetables.

CREATE A CASSEROLE

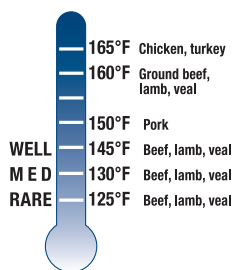
Choose one food from each of the columns. Mix the base, vegetables, sauce, meat, and seasonings together and place in an ovenproof baking dish. Place topping over the mixture. Bake uncovered at 350° for 25 to 30 minutes or microwave for 10 to 15 minutes.

Base	Vegetables	Sauce	Meat	Seasoning	Topping
2 cups cooked	2 cups cooked	1-2 cups	1 cup cooked	1 teaspoon	1 cup
Noodles	Celery	Prepared tomato sauce	Ground beef	Chili powder	Grated low fat cheese
Rice	Carrots	Chicken or vegetable broth	Ground turkey	Garlic/onion powder	Bread crumbs
Pasta	Peas		Chicken		Pepper/salt
Couscous	Peppers Mushroom Green beans	Salsa	Canned tuna		Soy sauce

MOM, HOW DO YOU COOK CHICKEN?

Did you know that color is not a reliable way to tell if meat is fully cooked and safe to eat? Buy and use an inexpensive digital food thermometer to be sure.

Go to www.wegmans.com for easy-to-follow instructions for buying and cooking meat, poultry and fish.



QUICKIE QUESADILLAS

Top a flour tortilla with refried beans, shredded cheese, diced olives, onions, tomatoes, chilies, and some leftover meat, chicken, and vegetables. Cover with another flour tortilla. Spray a nonstick pan with cooking oil spray. Heat the pan before placing the quesadilla in it.

Cook for two minutes. Carefully turn quesadillas with spatula. Cook two minutes more or until cheese is slightly melted. Remove from pan. Top with salsa and sour cream. Cut into wedges.

BREAKFAST IDEAS

Mom is right: breakfast is the most important meal of the day. Start your day right with these choices:

- Whole wheat waffles, fruit, and cottage cheese
- Peanut butter on whole wheat toast with a cut-up banana or apple
- Leftover pizza
- Poached egg on an English muffin, topped with a slice of cheese, Canadian bacon, or ham
- Carton of yogurt with added Grapenuts or granola and fruit
- Down a glass of milk at home and take a granola bar and a piece of fruit to munch on in class.
- An omelet with lots of vegetables and whole wheat toast
- Mix several different cold cereals, and add dried fruit and nuts.
- A smoothie made with frozen fruit, fat-free or low-fat milk, and a dash of vanilla yogurt. Add honey or sugar substitute for extra sweetness as desired.
- Cottage cheese and applesauce on toast. Top with cinnamon for added zip.
- String cheese, whole grain crackers, and a piece of fruit.

Abbreviations and Conversions

tbs	=	tablespoon	opt	=	optional
tsp	=	teaspoon	3 tsp	=	1 tbs
oz	=	ounce	2 tbs	=	1/8 cup
lb	=	pound	4 tbs	=	1/4 cup
g	=	gram	8 tbs	=	1/2 cup
ml	=	milliliter	16 tbs	=	1 cup
l	=	liter	1 cup	=	8 ozs
bx	=	boxes	1 pt	=	2 cups
qt	=	quart	1 qt	=	4 cups
pt	=	pint	1 gallon	=	4 qts
lrg	=	large	1 cup of shredded cheese	=	4 ozs
med	=	medium	1 skinless, boneless chicken		
sm	=	small	breast half	=	4 ozs

► **Quick and Healthy Vegetarian Meal Options**

Frozen convenience vegetarian entrees aren't the only way to get a quick meal when you don't eat meat. Even if you don't label yourself as being vegetarian, you can still benefit from meatless meals in your diet. They're environmentally friendly, low in fat, high in fiber, and inexpensive. Give these a try!

- Peanut butter crackers—best if the crackers are 100% whole grain.
- Refried beans: Make a burrito, quesadilla or taco. Top with chopped tomato, shredded carrots and diced peppers and olives.
- Make chili with kidney beans. You can add textured vegetable protein (TVP) or frozen vegetarian hamburger-style soy crumbles if you want a chewier texture. Serve with whole-wheat crackers.
- Sauté onions and garlic in olive oil until tender. Drain a can of Great Northern or cannellini beans, and add to the pan. Add chopped green leafy vegetables, such as escarole, rappi, mustard greens or spinach. Serve over whole-wheat pasta, and top with grated Parmesan cheese.
- Hummus is a spread or dip made of garbanzo beans (chickpeas), sesame butter (tahini), garlic and lemon. In a blender or food processor, puree 2 cloves of garlic, 1/4 cup lemon juice, one 14 oz. can of garbanzo beans (rinsed and drained), 1/2 cup sesame tahini and salt to taste. Stuff in a pita or use as dip with raw vegetables.
- Make tofu spread by blending or mashing together 1 (3/4 pound) cake firm tofu, 2 tablespoons sesame tahini, and 2 teaspoons soy sauce. Mix in a grated carrot and two minced scallions for a tasty sandwich filling.
- Rice and beans.
- Tofu or tempeh stir-fry.
- Make your own veggie burgers out of lentils, black beans, or garbanzo beans. Make a batch ahead and freeze. Check out the resources listed below for recipe ideas.
- Add beans, nuts, or seeds to your salad to boost the protein content.
- Baked, flavored tofu is good for sandwiches, stir-fries, and salads.

- Try different whole grains such as quinoa, kasha (buckwheat), barley, or millet. Simmer one part grain to two parts water with a pinch of salt until all the water is absorbed. Add grilled or sautéed vegetables and sunflower seeds for a tasty pilaf.
- Consider getting a pressure cooker. You can cook beans and grains in half the time.

For delicious vegetarian recipes:

www.vegetariantimes.com

www.moosewoodrestaurant.com

www.theveggietable.com

www.molliekatzen.com

► **Healthy Snacking**

Here are some ideas for healthy snacking:

- Peanut butter crackers—best if the crackers are 100% whole grain.
- Soup—low-sodium, low-fat vegetable or bean soup is the best for you. You can microwave it in seconds.
- Rabbit bag—put some raw veggies and fruits in a zip lock bag. For example, use orange wedges, apple slices, cauliflower and carrots. The orange gives everything a nice flavor and keeps the apple slices from turning brown.
- Smoothie—blend skim milk, fruit, and wheat germ to make a milkshake-like drink.
- Sandwiches—stuff a whole wheat pita with lean turkey or beans, lettuce, tomato, and a little low-fat mayo or vinegar and oil for a healthy treat.
- Tuna or salmon on toast—make tuna or salmon salad with low-fat mayonnaise. Spread it on whole wheat toast and top with fresh tomatoes and lettuce.
- Fruit—all kinds are great for you!
- Low-fat yogurt
- Granola bar and low-fat or skim milk
- Trail mix
- Raisins or other dried fruits

Some ideas from Food and Health Communications are available at www.foodandhealth.com.

► **Want More Help?**

If you'd like more help with meal planning and healthy eating, make an appointment with the nutritionist in Health Services. She can educate you about cooking, weight management, food allergies, or diet related to medical concerns. All students who have paid a health fee are eligible for nutrition counseling services at no additional charge. Call 315-443-9005 to schedule a time.

► **Healthy Eating Out**

Once in a while, go ahead and indulge in a meal with cream sauce, lots of cheese, or a rich dessert. But if you eat out or order in often, you want to make healthy choices. You can eat out in a healthy way!

Some general tips on dining out:

Planning. If you know you're splurging for dinner, keep that in mind at breakfast and lunch time. Eat wisely then.

Water. Drink water with your meal.

Timing. Don't go out for food when you're ravenous. Try to eat a healthy snack a bit before going out to eat.

Stopping. Don't eat to the point of being stuffed. Eat slowly and stop eating when you begin to feel full. You can take the leftovers home.

Your way. Ask for dressing and condiments on the side. Then use them sparingly. Order grilled, broiled, or roasted foods over fried, sautéed, or breaded ones. Choose tomato sauces over cream sauces.

No freebies. Don't load up on the free bread, nachos, or popcorn served before the meal.

Restaurant choice. Make smart restaurant choices. You may be surprised at the high number of calories and fat in food and drinks from popular coffee shops and restaurants. Yet, at most places there are healthy choices. You just need to find out the facts.



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