The Way We Eat

All of us have at least some idea as to what we should be eating to stay healthy: lots of fruit and vegetables, whole grains and lean protein. But many of us aren’t as aware of how our eating style interferes with achieving those healthy eating and/or weight goals.

What Type of Eater Are You?

Dr. Robert Kushner of Northwestern Memorial Hospital has written a new book, titled “The Personality Diet”. In it, he maintains that you have to change your behavior before you can change your weight. He’s developed categories that describe various “eating personalities” and outlines specific approaches that help a person target what their issues are and get them under control. The first step is to identify your self-destructive behaviors. Read the following descriptions and see if you can figure out your eating personality:

Unguided Grazer

Eating occurs anytime, anywhere, since food is an afterthought. Food is often eaten while you attend to other activities so you lack a conscious connection to your hunger and eat past the point of satiety. You probably aren’t getting all the right nutrients and you could be going way over on calories, fat and salt.

Nighttime Nibbler

You consume 50 percent or more of your daily calories from dinner and nighttime snacking. You may go all day without eating anything, since you aren’t hungry or are denying your hunger. Since you consume most of your calories when your metabolism is slowest, your excess calories are more likely to turn into fat.

Convenient Consumer

A diet of convenience: packaged, bagged, microwaveable and frozen foods are the staples of your diet. All your foods bear a brand name that is posted on the box, menu or restaurant chain. There are few (if any) fresh foods or meals cooked from scratch. Packaged foods are generally higher in fat, sodium and calories and lower in fiber than meals cooked from fresh food.

Fruitless Feaster

You enjoy a plain meat and potatoes menu. With the exception of a daily glass of orange juice and an occasional apple or banana, the feaster sticks to proteins, breads, pasta, fats and desserts. You’re missing out on the vitamins, minerals, fiber and phytonutrients of all those fruits and veggies!

Healthy Eating Strategies

Keep a Food Record

Eat Every 3-5 Hours

Plan Your Snacks

Have 1-2 Servings of Fruit/Veggies with Meals

Limit Sandwiches to Once a Day

Track Your Hunger and Fullness

Limit Dessert to 2-3 Times Per Week

Contact the Nutritionist

Laura O’Gara, RD, LDN is available to meet individually with students at the Health Center on Tuesdays, Wednesdays and Thursdays. Visits are free and can be arranged by calling x63677.

She can also be reached by voice mail at x63696 or email at: logara@brandeis.edu.
Gaining Weight

Despite all the press on how many Americans need to lose weight, some people actually want to gain. For them, gaining weight can be just as hard, if not harder, than losing weight is for others. Many young men want to bulk up to achieve that “ripped” look or to improve their performance in athletics. Besides working out in the gym with weights, guys can focus on increasing their food intake and generally up their protein in order to get the job done.

While it’s true that competitive athletes, including weight lifters, may require more protein than the general population, the amount of extra protein needed is surprisingly small. It’s also true that most Americans get far more protein than they need. Take a look at the following chart on recommended protein intake:

<table>
<thead>
<tr>
<th>Protein (gms)/Pound Body Weight</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sedentary adult</td>
<td>0.4</td>
</tr>
<tr>
<td>Adult Exerciser</td>
<td>0.5-0.75</td>
</tr>
<tr>
<td>Adult Athlete</td>
<td>0.6-0.9</td>
</tr>
<tr>
<td>Weight Gain (adult)</td>
<td>0.7-0.9</td>
</tr>
<tr>
<td>Dieting Athlete</td>
<td>0.7-1.0</td>
</tr>
<tr>
<td>Growing Teenage Athlete</td>
<td>0.9-1.0</td>
</tr>
</tbody>
</table>

Many foods contribute protein beyond meat, poultry, fish and eggs. Foods from the dairy and grain groups contribute greatly toward meeting the body’s daily requirement, as can nuts and seeds. In most cases, special products such as protein powders, are unnecessary.

To build muscle, it’s best to consume a diet that has adequate carbs along with protein. The carbs will provide the primary fuel for the working muscles, while the protein will aid in recovery and repair. An additional 500 calories per day from all sources, including fat, should result in a gain of one pound/week.

1 oz meat/fish/poultry = 7gms protein
8 oz milk, yogurt = 8 gms protein
1 oz grain serving = 3 gms protein

Eating Healthy in the Dining Halls

Living on a college campus poses its challenges to eating healthy. The class schedule, late nights and array of food choices all can interfere with achieving a balanced, nourishing diet. But, it is possible! To help you find the healthy options while living on a meal plan, Laura O’Gara, campus nutritionist, has produced a guide with station-by-station tips for each dining hall.

General Suggestions

- Check out the menu

All stations with a rotating menu operate on a 4-week cycle menu, which means it repeats every 4 weeks. To find out what’s on the menu, dial 6MENU, check listings posted at each dining hall or go to the website: www.brandeis.campusdish.com.

Checking out the menu can help you plan in advance what your options are and cut down on impulse decisions.

- Eat more midday

Do you work out in the afternoon or early evening? Will you be up late studying? Shifting more calories to midday can help keep your energy levels up and cut down on nighttime noshing. It also works wonders for managing your weight.

- Balance your plate/tray

If you want to be satisfied after you eat, maintain good energy levels and control your hunger, make sure your meal is balanced and contains protein, carbs, healthy fat and fruit/veggies. Your meal may not work as well for you if you leave something out.

Sherman Tips

- Don’t load up your tray all at once; eat in “courses”
- Make your first course soup, salad or “appetizer”
- Wait 5-10 minutes between courses to slow down eating

Usdan News: Switch to Canola Oil

Usdan Dining Hall now uses canola oil, a heart-healthy oil. It’s one more step toward healthy eating!

To obtain your copy of the Healthy Eating Dining Hall Guide, contact Laura at: logara@brandeis.edu.

Free Fitness Workshops: Wednesdays 5:30-6:30 PM

Wellness Workshops have started up again and all are invited to attend! We meet in the multipurpose room in Gosman every week for the remainder of the semester. Don’t miss out on your chance to get some great tips on exercise and nutrition from Kelly Cotter and Laura O’Gara. Here’s the schedule:

Oct 4: Pump It Up: Part One
Oct 11: Hunger Management
Oct 18: Pump It Up: Part Two
Oct 25: Fixing Those Bad Habits
Nov 1: What’s Cookin’?
Nov 8: Stress Management
Nov 15: Healthy Holidays

For more information, contact Laura O’Gara at logara@brandeis.edu.