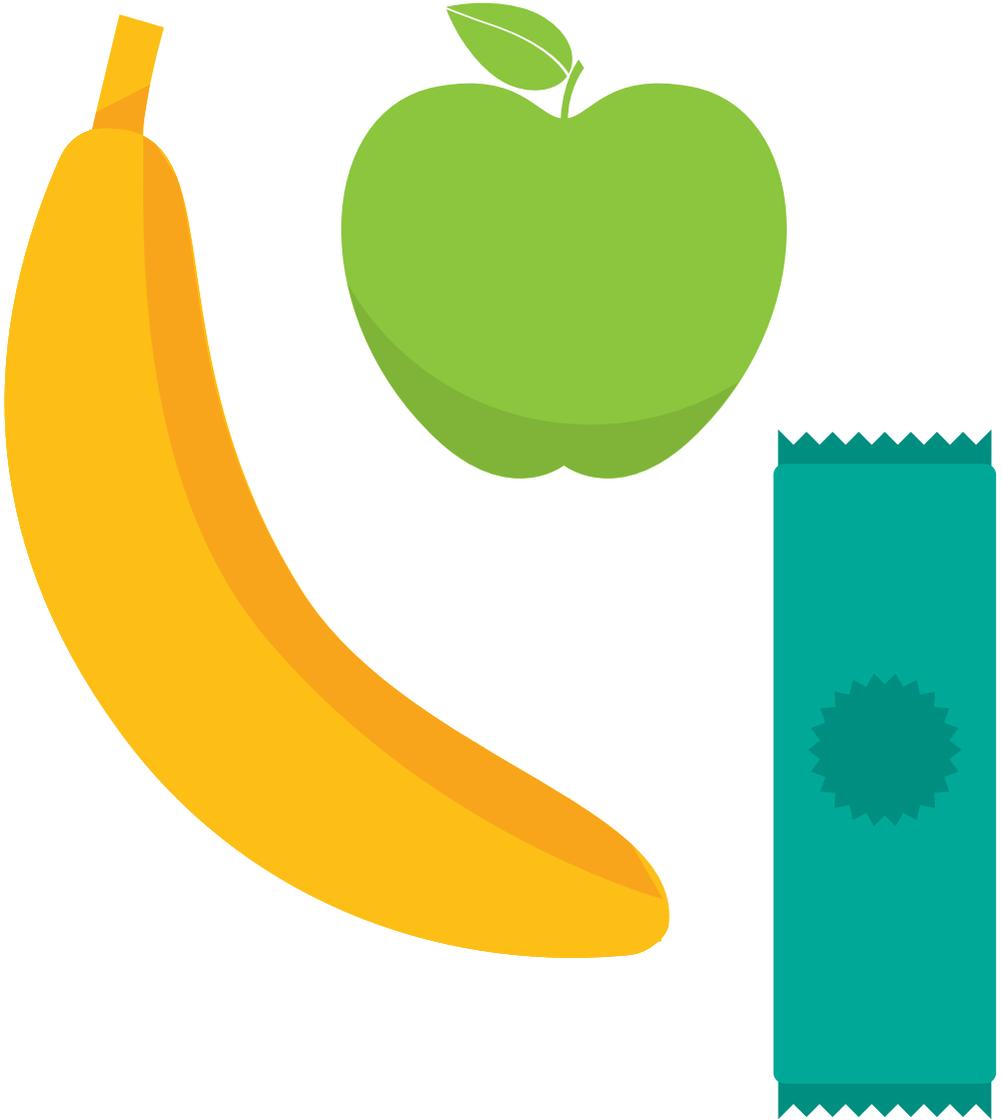


U&Nutrition



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(What are the right foods to eat?)

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Getting the Balance Right



For many students starting at University is their first real experience of living away from home and having to fend for themselves. Cooking and eating healthily on a small budget is often a challenge for many as they begin this exciting next stage of education.

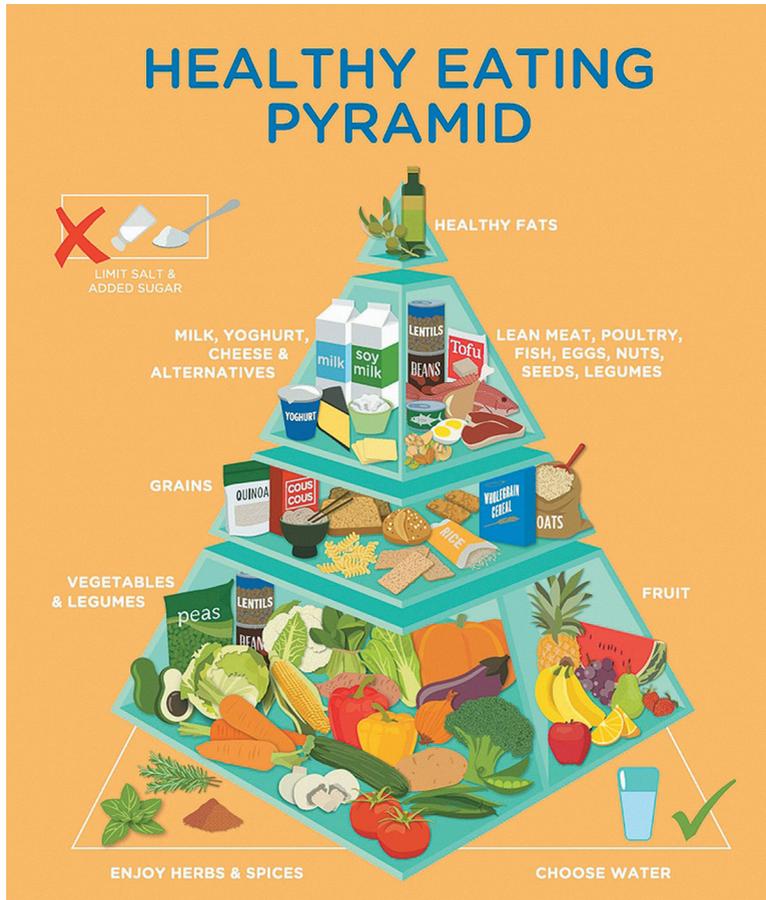
This booklet aims to equip you with some top tips, advice and sample meal plans to help you eat healthily during your time at DCU, with minimum fuss and within budget.

Our advice is to start today and make good nutrition a priority! Eating pizza, pasta and processed food every day will eventually take its toll. It will affect your moods, your hormones and ability to work and study effectively.

We have all been through the same experience, leaving home for the first time and it is not always explained to us that the key to eating healthily and on a budget is organisation. Taking time out to plan a menu for the week, shopping in bulk and cooking and freezing dinners can help you eat well. Students are busy these days and it's important to plan ahead for the week. Knowing what types of food to eat and in what quantities, is the first step to ensuring that you are eating a balanced diet. The diagram below shows the different foods you should be consuming daily!

Step One

Getting the Balance Right



Australia have recently released a new food pyramid that represents a more up-to-date overview of the foods we eat today. In light of this, we have decided this would be a better reflection of a balanced diet for students. If you wish to know more about healthy eating, go to <http://nutritionaustralia.org/national/resource/healthy-eating-pyramid>

The Australian Nutrition Foundation Inc 2015

Carbohydrates

Carbohydrates provide the body with a source of fuel and energy that is required to carry out daily activities and exercise. Any extra energy is stored in the body until it is needed. Our bodies need a constant supply of energy to function properly and a lack of carbohydrates in the diet can cause tiredness or fatigue, poor mental function and lack of endurance and stamina. Carbohydrates are also important for the correct working of our brain, heart and nervous, digestive and immune systems.

Carbohydrates are an essential part of a healthy diet and should make up 50% of our daily calorie intake. The majority should come from complex carbohydrates, preferably the wholemeal varieties, as well as a large intake of fruit and vegetables. Simple carbohydrates of the refined kind, including refined sugar (sucrose) should be limited. They have no nutritional value and are generally high in sugars and fats.

'Good' Carbohydrates

Bran, wheat germ, wholemeal bread, brown rice, potatoes, all forms of pasta but especially wholemeal pasta, barley, oats, lentils, chickpeas, beans, peas, corn, sweet potatoes, wholegrain cereals such as Weetabix, muesli, All bran, brown breads, root vegetables such as carrots, turnips, leeks and radishes.

'Bad' Carbohydrates

Sweets, sugary breakfast cereals, cakes, pastries, syrup, table sugar (sucrose), fizzy drinks, biscuits, chocolate.

Fat

Our body would not be able to survive without any fat. Fat is crucial to a number of processes that take place within the body and every single cell contains essential fatty substances in their membranes. Fat is, an excellent source of energy. It also protects our organs and the layer of fat underneath our skin keeps the body warm and generates heat. Fat also aids in the absorption and transportation around the body of vital fat-soluble nutrients and vitamins.

When you think of fat, it's important to think of the right type and the right amount. There are four types of fat, of which two are actually beneficial to the body, whilst the other two are seriously bad for the body if consumed in excess.

Saturated fats and Trans fats

Saturated fats and Trans fats are known as the 'bad' fats. A large intake of these fats, which are often hidden in some foods, can make us gain weight and become obese but more importantly, they can lead to cardiovascular disease, heart disease and stroke. Foods containing less-healthy fats include crisps, pastries and fried foods – limit how much of these you eat.

Polyunsaturated and monounsaturated fats

Polyunsaturated fats and monounsaturated fats, on the other hand, are good for us and they can reduce the risk of these diseases. Healthy fats are found in foods such as vegetable oils, oily fish (for example salmon, sardines, mackerel), seeds, nuts or avocados.

Protein

Protein is required by the body for the growth, maintenance and repair of all cells. Protein is a major component of all muscles, tissues and organs and is vital for practically every process that occurs within the body such as metabolism, digestion and the transportation of nutrients and oxygen in the blood. It is also necessary for the production of antibodies, which fight against infection and illness, and is the main nutrient that keeps our hair shiny and healthy, our nails strong, our skin fresh and glowing and our bones strong and healthy.

Try to consume a variety of protein-rich foods, including pulses, fish, vegetables and lean meat, rather than just red meat or only dairy products, as some foods that contain high amounts of protein also contain high levels of saturated fat, which is extremely bad for the body.

Excellent protein foods include

Lean red meat, pulses, soya and tofu, eggs, chicken, turkey, yoghurt, nuts, low fat milk, fish, cheese, eggs.

If you are vegetarian or vegan, make sure your diet includes some good vegetarian or vegan sources of protein from the above list.



Vitamins and Minerals

A lack of certain vitamins can lead to fatigue, poor skin, teeth and bones and in some cases of severe deficiency, it can lead to serious illness. Vitamins interact with other nutrients in processes such as metabolism, digestion and developing blood cells and some vitamins are said to slow down the ageing process, prevent cancerous cells attacking the body and strengthen the immune system. Many vitamins are found in fruit and vegetables. Ideally, these food sources should be eaten raw, as vitamins can be lost or partially lost through the cooking process.

Minerals such as calcium, zinc and potassium are needed by the body for a number of processes such as breaking down, digesting and releasing energy from food, strengthening bones, nails and teeth and regulating fluid and cholesterol in the body.

Fluids

Water is required for practically every bodily function. If the body does not have an adequate supply of water through a daily intake of fluids, it will draw on sources from within the body. This in turn will cause the body to shut down, as the cells become dehydrated from a lack of water. The body needs on average three litres of liquid a day. Two litres of liquid should be made up of water or other fluids, whilst one litre of water usually comes from the food that we eat. It is best to drink water, as water is the most effective at replenishing lost fluids, although other liquids such as skimmed milk, soup or unsweetened fruit juices will also suffice.

Nutrition for Students



Nutrition for Study & Exams Like a car or an athlete, a student needs fuel to study efficiently and perform their best in an exam. You need to give yourself the best chance to do well in an exam and eating the correct food before an exam or during study will maximise those chances. There are certain foods that are known to increase brain power and give long lasting energy so that you can write as much as possible in that long exam.

Study Time

Tip Create a study timetable and build in meal/snack times between sessions.

Why? The brain uses 20% of the body's energy levels. Maintaining glucose levels in between study sessions will increase concentration levels. Eating regularly throughout the day will keep glucose levels up.

Ref: Irish Nutrition and Dietetic Institute Fact Sheet – 'Smart Foods', www.indi.ie

Early Morning Exams

Tip Do not skip breakfast. If you are unable to eat – try a smoothie instead. Make sure your breakfast is high in fibre. Porridge, grilled breakfast, toast and cereal are all good examples.

Why? Lack of energy can result in inability to recall, focus and remember key fact, dates, etc. during the exam.

Afternoon Exams

Tip Eat a lunch that has a balance of protein and carbohydrates. Examples include chicken and pasta, tuna wrap, vegetable soup with a wholemeal scone.

Why? Eating a carb and protein together slowly releases energy over a long period of time. This allows you get through a long exam and still feel fresh.



Nutrition & Exercise Many students take part in activities during their time at University. DCU has over 126 Student Sports Clubs and Societies with over 6,500 students taking part. For the majority of clubs and societies there is a level of exertion required, whether you are a 100m runner or a member of the Dance Society. For these students, nutrition is important to keep energy levels high throughout the day so that you can attend college and take part in your extra-curricular activities. This requires you to consciously look at your diet and plan a weekly menu that will allow you to adapt to your highly active lifestyle. We have provided some essential tips to take into consideration when planning your weekly menu.

Carbohydrates

Fact Athletes benefit the most from carbohydrates already stored in the body. They provide about 40-50% of the energy requirement for exercise.

Tip Eat plenty of complex carbs like pastas, potatoes, cereal and grain products and simple carbs like fruits, milk, honey or sugar.

Why? Carbs are broken down into glucose and stored in the muscles as 'glycogen'. During exercise glycogen is converted back to glucose and used for energy.

Fats

Fact Provide 50% of energy requirement with moderate exercise and up to 75% in prolonged aerobic exercise.

Tip Fat intake should not fall below 15% of total energy intake.

Why? This will hinder performance and energy levels throughout the activity/exercise.

Ref: Food & Nutrition Series, Colorado State University, www.ext.colostate.edu

Protein

Fact Is the third contributor to energy during exercise. An increase in exercise will require an increase in protein intake depending on type and frequency of training.

Tip It is advised to consume 10-12% of total calories in protein to provide sufficient energy requirements for training.

Why? Excess protein in the body is stored as fat and can deprive the body of efficient fuel which can lead to dehydration.

Water

Fact Hydration is important before, during and after exercise/activity.

Tip Drink chilled water during and after exercise, training or activity.

Why? Chilled water is absorbed faster by the body and will decrease the body temperature.

Vitamins & Minerals

Fact There is no evidence to conclude that intake of extra vitamins and minerals other than those ingested in the diet makes a marked difference on performance.

Tip Increase intake in foods containing sodium, potassium, iron and calcium prior to or after training/exercise/activity.

Why? Heavy exercise affects the levels of these in the body and they need to be replenished.

Pre-Game Meals

Fact For pro-longed exercise and activities, It is advised that pre-game meals should be about 500-1,000 calories.

Tip Eat a high starch meal 3-4 hours prior to a game/activity. Avoid meals high in fat and increase fluids.

Why? This will result in the body digesting the food, whilst the maximum amount of energy can be stored in the body, ready for use during the activity.

Post-Activity Meals

Fact A small meal eaten within 30 mins of game/activity replenishes energy levels the quickest.

Tip Post- activity meal should be a mix of carb, fat and protein.

Why? Protein synthesis is greatest during the 30 min window after exercise. Carbs replenish depleted glycogen stores.



Nutrition to Look and Feel Good Nutrition can play a major part in looking and feeling good. If you look at your diet and include foods that will enhance your looks, it will also help you maintain a healthy weight. It's easy to focus on what weight you are but if you have a look at the types of foods you are eating, this is a much better strategy to loosing weight and staying healthy.

Ref: Nutrition for Women, HelpGuide.Org - http://www.helpguide.org/life/healthy_eating_women_nutrition.htm

BIM: Irish Sea Fisheries Board – Fishing for Compliments - http://www.indi.ie/docs/559_BIM_Fishing_forCompliment_Proof_4_%282%29%5B1%5D.pdf



Healthy Hair & Nails

Tip Make sure you have lots of omega 3 fats and sufficient protein and calcium in your diet. This includes fish oils, green vegetables and some dairy.

Why? Omega 3 fats help keep hair healthy, shiny and with less split ends. If you dye, highlight or use lots of products in your hair, proper nutrition can protect it and help it look healthier for longer periods. Nails will be stronger and whiter and less likely to break.

Healthy Skin

Tip A rich supply of vitamin A and protein help keep your skin look healthy and happy.

Why? Protein makes collagen which supports the structure of the skin, keeping it firm. vitamin A helps skin remain moist, soft and supple.

Healthy Weight – Carbs

Tip Choose the right carbs to maintain a healthy weight. Choose complex carbs like brown pasta, rice, vegetables, whole wheat instead of simple carbs like white rice, pasta and sugary foods.

Why? Having no carbs in your diet will not help you loose weight. We all need a balance between carbs, fats and protein in our diet. The type of carb will help you stay healthy and loose any excess weight you have.

Healthy Weight – Fats

Tip Polyunsaturated and monosaturates are the 'Good Fats'. Saturated and trans fats are the 'Bad Fats'. Good fats include olive oil, nuts, fish, peanut butter and avocados.

Why? Choosing healthy fats will again allow a healthy metabolism which leads to a healthy weight. Fats are required by the body for good moods, vitality and healthy weight.

Reduced PMS

Tip Avoid foods with high sugar, trans fats and salt content. Limit red meat and dairy. Increase vitamins, fatty acids and minerals.

Why? Foods to avoid cause inflammation, bloating, fatigue and cramps. Lots of water, vitamins, minerals and fish oils relieve cramps and bloating.

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Student Menu on a Budget



Is it your first time away from home? Don't know how or where to start cooking for yourself? It is easy to throw a frozen pizza in the oven a couple of evenings a week and get take-away over the course of the year but with a little bit of planning, you will be able to eat healthily on a budget, gain a bit of independence and impress your friends with your cooking skills!

If you budget for a large shop and stock the cupboard at the beginning of each semester, your weekly shop will only be for fresh foods and you will be more than able to keep your weekly budget to about €40 if you shop in any of the large supermarkets.

**Here is a menu fit for a king,
paid from a budget of a student.**

**Stock the cupboard at the beginning of each semester
with the following;**

Large bag of penne pasta, spaghetti and fusili pasta

1Kg of potatoes

Tins of peas, beans, tuna, tomatoes and sweet corn

Jars of bolognese sauce, chicken korma, red wine sauce
and creamy carbonara

Salt, pepper, chilli flakes, mixed herbs, bag of onions
and garlic

Olive oil, balsamic vinegar, sweet chilli and soy sauce

Breakfast cereals

Fresh food you can freeze

Strawberries, blueberries, raspberries, grapes

Green, yellow and red peppers (cut and diced)

Kale, diced carrots and broccoli heads

Fresh bread, panini's, flour tortillas and pitta bread

Sample weekly shop

Fresh bread and panini's, milk, apple juice, orange juice

4 Chicken fillets, minced beef and sausages, fresh
tomatoes, fresh peppers, fresh buffalo mozzarella, grated
mild cheddar cheese, green salad

Bananas, apples, oranges, fresh salad, vegetables of
choice yogurts of choice, treats of choice

We have provided for you, a sample weekly menu for the price conscious student

Day	Breakfast	Lunch	Dinner
Monday	1 banana 2 slices of multi grain toast with butter and honey/jam/marmalade. Coffee or tea	Panini – warm in oven before filling Filling – sliced ham, fresh tomato diced, buffalo mozzarella diced, mixed leaves and olive oil with balsamic vinegar	Chicken carbonara – dice and cook chicken in olive oil. Boil penne pasta. Add creamy carbonara sauce to chicken when cooked. Add diced bacon, diced peppers, chilli flakes and a little salt/pepper (Serves 2)
Tuesday	Strawberry smoothie – 1 banana, frozen strawberries and blueberries, apple juice, plain yogurt and honey	Bake a potato for 45mins in oven. Add tuna mayonnaise and beans with grated cheese melted on top	Spaghetti bolognese – boil spaghetti for 20 mins. Chop onion and garlic and fry in olive oil. Add in minced beef and brown. Then add bolognese sauce, frozen peppers, salt, pepper, chilli flakes and some soy sauce. Serve with slices of garlic bread. (Serves 4)
Wednesday	1 banana 2 slices of multi grain toast with butter and honey/jam/marmalade. Coffee or tea	Bake a potato for 45mins in oven. Re-heat bolognese sauce and pour over baked potato	Sausage & mash – cook sausages in oven for 40 mins. Boil potatoes for 20mins in boiled water. Drain off water, add in some butter, milk, salt and pepper and mash. Then use fork to fluff up mashed potato. Place mash on plate, add sausages on top and pour on a pepper sauce. Service with broccoli and carrots. (Serves 2)

Day	Breakfast	Lunch	Dinner
Thursday	Cereal with chopped banana. Coffee or tea	Panini – sliced ham, tomato, red pepper, mixed leaves, grated cheese, mayonnaise	Tuna bake – boil fusili pasta for 20 mins. Drain and mix in tuna mayonnaise and sweet corn. Sprinkle grated cheese and bread bits on top and put under grill for 5 mins. (Serves 4)
Friday	Strawberry smoothie – 1 banana, frozen strawberries and blueberries, apple juice, plain yogurt and honey	Re-heat left-over from tuna bake	Chicken & tortilla chips with home-made salsa – dice and cook chicken with olive oil. Season with chilli flakes and sweet chilli sauce. Place tortilla chips on a plate, place chicken on top, grate cheese on top and put under grill for 2 mins. For salsa sauce, put chopped tomato and red pepper in a saucepan and bring to heat with chilli flakes and a small amount of tomato puree (Serves 2)
Saturday	2 slices of multi grain toast with butter and honey/jam/marmalade. Coffee or tea	Panini – sliced ham, tomato, red pepper, mixed leaves, grated cheese, mayonnaise	Take away of choice – share with friends and keep the costs low
Sunday	Fried breakfast with toast and coffee or tea	Roast chicken, roast potatoes, broccoli and carrots	Fruit, cheese and crackers make a nice light meal after a large Sunday roast

Tips for the Busy Student



Not enough time to cook?
It's not always easy to maintain a balanced and healthy diet while you're a student. There are so many different pressures on your budget and of course, the obligatory socialising, that diet is often pushed to the back of the queue in terms of priorities.

However, it doesn't take too much planning to try and at least make some attempt at leading a relatively healthy lifestyle. There also needn't be a huge dent in your wallet, as healthy eating can be just as economical as tucking into bargain ready meals. This section aims to give you some top tips to help you make nutritious food choices during those busy periods.

No Cook Meals

It is entirely possible to eat well without going near the controls of the microwave, hob or oven. There are so many different products and ingredients available in the supermarket now that it's possible to eat plenty of different varieties of fruit and vegetables without having to cook them e.g. salad, CousCous, wraps.

It's a Wrap

Fed up with the same boring old cheese sandwich? Then it's about time you started putting something else between your slices of bread. Why not try a bagel with cream cheese, a wrap with leftover chicken or chilli or a wrap with pesto & salad. Wraps are great for lunch but they also make a great filling dinner too, especially when heated up!

Cooking with leftovers

Cooking with leftovers is a great way to be more efficient in the kitchen. Its saves time, money and energy and allows you to have a meal ready in seconds. Why not plan a cooking with leftovers' day each week to help stretch out your weekly shop. Here are some ideas to put some life into your leftovers!

Day 1

Chilli con carne

Grilled chicken & vegetables

Steamed fish & vegetables

Chicken casserole

Pasta & pesto

Day 2

Baked potato with chilli / wrap with chilli

Pasta, pesto & leftover chicken or chicken wrap

Fish cakes & salad

Chicken pie (a packet of frozen ready-made pastry & your filling)

Pasta salad with sweetcorn, tomatoes, spinach

Step Four

Tips for the Busy Student

Cooking in bulk

Why not double the quantities of ingredients when cooking so that you have a healthy and nutritious dinner to eat on another day! Cooking in bulk is ideal when you are on a tight budget and helps minimise waste! Certain recipes are just perfect for bulk cooking, as they won't really take any longer to prepare whether you're cooking enough for two servings or ten. Soup is ideal for using up odd vegetables before they go past their best, while casseroles can help you take advantage of any special offers on meat in the supermarket. Make sure you have plenty of freezer-proof containers so you can store your meals in single servings. If the containers are microwave and/or ovenproof as well, all the better, as there will be less washing up too!

Here are some recipes that are perfect for bulk cooking

.....
Soup

.....
Fish pie

.....
Chicken casserole

.....
Chilli con carne

.....
Bolognese sauce

.....
Curry

.....
Stew

.....
Lasagne



Cook with Friends

If you are living in a flat, on campus or in a house with your matea go to the supermarket together and club your money together. It will make your shopping bill much cheaper and makes cooking group dinners more fun.

Dinner in 10 minutes

It is possible to cook up a delicious dinner faster than a trip to the takeaway! With some forward planning and a cupboard of basic ingredients you can prepare a meal in 10 minutes, leaving more time for studying and socializing!

Here are some ideas for fast food cooking in 10 minutes

Fresh pasta & pesto

Pasta, tuna, sweetcorn & mayonaise

Ham & cheese omelette

Vegetable stir fry

Microwave baked potato with cheese/beans/tuna

Beans & toast or poached egg & toast

Smart Snacking!

Beat those hunger pangs with smart snacks! It's too easy to reach for the quick fixes when studying and juggling a busy lifestyle. Keep a stock of healthy snacks you can grab when you're hungry, such as canned fruit, crackers, energy bars, fresh fruit, granola bars, high fibre cereal, nuts, popcorn, carrot/cucumber/celery and Hummus!

Make your takeaway a healthy one!

You don't have to give up takeaways completely, as long as you make the right menu choices and don't have them too often.

Swap

Chipper: Thin chips & battered fish

Pizza: Deep pan stuffed crust pizza

Indian: Creamy curries like masala + pilau rice

Chinese: Deep fried dishes

For

Chunky chips and plain fish

Thin base, vegetable, lean meat pizza

Tandoori or madras + boiled rice

Stir fries & boiled rice

Reading Food Labels: A Quick Guide

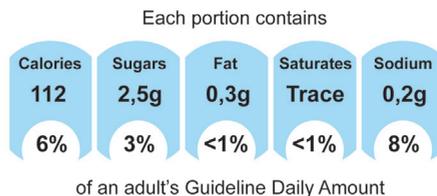


At first glance you would be forgiven for thinking that some food labels are written in a foreign language. Energy per serving, fat per 100g, sodium as a percentage of RDA, etc... What do they all mean? Labels on food normally include:

Ingredients

Listing a products' ingredients is required by law. This tells you what is used to make a product. The ingredients are listed in descending order so that the ingredient that is used in the greatest amount will appear first on the list.

Nutritional Information To keep an eye on what you are eating, look at the nutrition information which is provided on most food labels. The figures are given for every 100 grams/100mls of food which is eaten. However we do not always eat 100 grams of food, therefore more helpful figures are given for 'per serving' to make it easier for us to identify how much we are eating. Here is a sample of a nutritional information label:



Guideline Daily Amounts (GDAs)

GDAs allow you to see at a glance the number of calories and grams of sugars, fat, saturates and salt per portion of food and expresses these quantities as a percentage of the Guideline Daily Amounts.

Guideline Daily amounts or GDAs are a guide to how many calories and nutrients you should consume each day for a healthy, balanced diet. An individual's nutritional requirements can vary with gender, weight, activity levels and age, meaning some people may need to eat more and others less. Recommended GDA's are listed below:

	Calories	Sugars	Fat	Saturates	Salt
Women	2000	90g	70g	20g	6g
Men	2500	120g	95g	30g	6g
Children 5-10	1800	85g	70g	20g	4g

And remember, they're called guidelines because that's exactly what they are – a guide, not a target. And while it's OK to stick pretty close to the GDAs for calories, we should be trying to eat no more than our GDAs for sugars, fat, saturates and salt.

Your Relationship with Food



A good relationship with food and a healthy weight are central to your physical and emotional well-being.

It is not uncommon for young people in a new environment to experience troubles with eating but it is important to address this before it seriously impacts health and wellbeing. Here are a few tips of things to look out for and to recognise when you may need some advice.

Here are a few tips of things to look out for and to recognise when you may need some advice.

Ref: www.lboro.ac.uk/service/health-wellbeing/students/eating-well/

Feeling out of control around food

Binge eating or compulsive eating

Feeling restricted in life activities because of body size or feelings about one's body

Feeling like weight loss will be a solution to unhappiness or uncomfortable situations

Experiencing negative thoughts and feelings about appearance or body size

Fearing weight gain

Having body measurements determine someone's mood or feelings about themselves

If you are experiencing any of the above issues, or have other worries about food or body image, it may be helpful to seek further information, advice, or help from the Student Health Centre or visit <http://www.bodywhys.ie/> to see advice and guidance.

Some useful websites

We have provided some useful websites for those of you who are away from home for the first time and would like to learn to cook or research nutrition further.

Learn to Cook www.studentcooking.tv

Recipes & Tips www.nutritionandhealth.ie

Irish Nutrition & Dietetic Institute www.indi.ie

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Write student.support@dcu.ie

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Drop in Student Advice Centre