

# Healthy Eating



**SS&D**  
Student Support  
and Development

A Step by Step Guide  
to Maintaining a  
Healthy Diet

## Steps

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**Getting the Balance Right**  
(What are the right foods to eat?)

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## Step One

### 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 overleaf shows the different foods you should be consuming daily!

The UK Eatwell Guide makes healthy eating easier to understand by giving a visual representation of the types and proportions of foods needed for a healthy and well balanced diet.

**The UK Eatwell Guide**

The Eatwell Guide shows the different types of foods and drinks we should consume and in what proportions to have a healthy, balanced diet. The Eatwell Guide is not meant to represent the balance required in any one specific meal—rather it represents the overall balance of a healthy diet over the day, or week.

**The main messages of the Eatwell Guide are:**

Eat at least 5 portions of a variety of fruit and vegetables every day

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain and higher fibre versions where possible

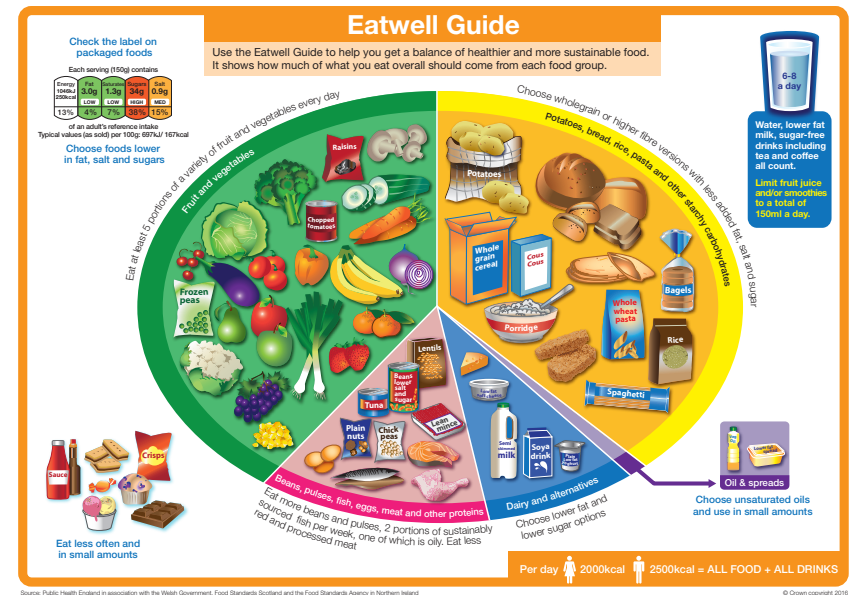
Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options

Eat some beans, pulses, fish, eggs, meat and other proteins, including 2 portions of fish every week, one of which should be oily

Choose unsaturated oils and spreads and eat in small amounts

Drink 6-8 cups/glasses of fluid a day; choosing lower sugar options

If food and drinks that are high in fat, sugar and salt are eaten, have these less often and in small amounts.



Source: [www.gov.uk/government/publications/the-eatwell-guide](http://www.gov.uk/government/publications/the-eatwell-guide)

**Good food means good fuel  
for your body to function.**

As well as providing calories  
the food you eat provides the  
body with information. If your  
body doesn't get the correct  
information it won't work  
efficiently.

### **You Are What You Eat**

**Your body has the remarkable ability to break down the foods that you eat into chemical parts and reassemble those parts into your cells and the energy you use all day! Good food means good fuel for your body to function. As well as providing calories the food you eat provides the body with information. Foods can trigger the immune system (allergies), impact blood sugar (endocrine system) and trigger inflammation. If your body doesn't get the correct information it won't work efficiently.**

**Your body needs carbohydrates, proteins and fats (macronutrients) in large amounts to give the body structure and energy from calories. Vitamins and minerals (micronutrients) are required in small amounts and are the building blocks for good health as they are used to build and repair tissues and to regulate body processes. When the body is low in micronutrients it cannot perform processes such as metabolism, converting food in to energy and sleep as effectively. Over a prolonged period of time low levels of micronutrients and poor quality macronutrients can lead to the onset of chronic diseases.**

**Here is a summary of the macro and micro nutrients for optimal health:**

### **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 wholegrain varieties, as well as a large intake of fruit and vegetables. Refined carbohydrates from processed foods should be limited. They have no nutritional value and are generally high in sugars and fats.

#### **'Complex' 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.

#### **'Refined' 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. Adding good quality sources of fat to a meal slow down absorption and keep you feeling fuller for longer.

Not all fats are created equal! When you think of fat, it's important to think of the source, quality and quantity. Eat a mix of natural unprocessed fats and limit or avoid highly processed trans fats!

A summary of the types of fat:

### Saturated Fat

This fat is solid at room temperature and the main sources are animal foods such as milk, cheese, and meat and tropical oils such as coconut and palm oil. You will also find saturated fat in processed foods made with butter such as cakes and pastries. You should limit your intake of saturated as it can increase your cholesterol which increases the risk of heart disease.

### Trans Fats

Trans Fats are mainly found in non-perishable processed foods such as biscuits, crisps, chips and margarines. These fats have been altered by a process known as hydrogenation, which makes products last for longer. You should limit your intake of trans fats as they can raise your cholesterol levels.

### Unsaturated Fat

These fats are potentially helpful dietary fats and are liquid at room temperature. There are 2 types of unsaturated fat:

#### Monounsaturated Fat

This fat can be found in nuts, seeds, avocado and vegetable oil.

#### Polyunsaturated Fat

There are two types of polyunsaturated fats that are essential for good health.

**Omega-6 fatty acids** are found mostly in liquid vegetable oils like soybean oil, corn oil, and sunflower oil and are essential for brain health and development.

**Omega-3 fatty acids** are found in fish such as salmon, mackerel, sardines, flaxseeds, walnuts and canola oil. They promote heart health and have anti-inflammatory properties.

## 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 micronutrients from vitamins and minerals 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.

### Herbs & Spices

Adding Herbs & Spices is a great way to pack your meals with extra nutrients and flavour. Herbs and spices have antibacterial and antiviral properties and are high in B vitamins and trace minerals.



**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.

#### Early Morning Exams

**Tip** Do not skip breakfast. If you are unable to eat – try a smoothie instead. Make sure your breakfast contains protein sources such as eggs, nuts, seeds and live yoghurt. Protein will keep energy levels sustained and keep you feeling fuller.

**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.

Ref: Irish Nutrition and Dietetic Institute Fact Sheet – 'Smart Foods', [www.indi.ie](http://www.indi.ie)



**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](http://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/>

BIM: Irish Sea Fisheries Board – Fishing for Compliments - [http://www.indi.ie/docs/559\\_BIM\\_Fishing\\_forCompliment\\_Proof\\_4\\_%282%29%5B1%5D.pdf](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.

BIM - Irish Sea Fisheries Board – Fishing for Compliments [www.indi.ie/docs/559\\_BIM\\_Fishing\\_for\\_Compliment\\_Proof\\_4\\_%282%29%5B1%5D.pdf](http://www.indi.ie/docs/559_BIM_Fishing_for_Compliment_Proof_4_%282%29%5B1%5D.pdf)

Ref: Nutrition for Women, HelpGuide.Org - [www.helpguide.org/life/healthy\\_eating\\_women\\_nutrition.htm](http://www.helpguide.org/life/healthy_eating_women_nutrition.htm)

→ **Top Tips for Healthy Eating**

Pick quality ingredients

Limit processed foods

Choose wholegrain fibre rich carbohydrates

Use more healthy fats, limit high saturated fat,  
and avoid trans fats

Plan your meals in advance

Try more plant-based protein foods and recipes.

Eat 5+ servings of vegetables daily

Use herbs and spices.

Add fermented foods such as sauerkraut

Drink water and skip sugary drinks

Eat mindfully

Cut down on sugar

Don't skip breakfast

Keep hydrated with water and herbal teas

Choose healthier cooking methods like  
steaming, stir frying and poaching

Limit your salt intake and use herbs, spices,  
pepper, garlic or lemon juice instead.





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 wholegrain penne pasta, spaghetti and fusili pasta

1Kg of potatoes

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

Curry paste, coconut milk, pesto and carbonara

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

Olive oil, balsamic vinegar, sweet chilli and soy sauce

Breakfast cereals, porridge oats, weetabix and low sugar varieties

**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

## Step Three Student Menu on a Budget

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

Day	Breakfast	Lunch	Dinner
<b>Monday</b>	1 banana 2 slices of multi grain toast with butter and boiled/ scrambled/ poached eggs. 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)
<b>Tuesday</b>	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)
<b>Wednesday</b>	1 banana 2 slices of multi grain toast with butter and boiled/ scrambled/ poached eggs. 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
<b>Thursday</b>	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)
<b>Friday</b>	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)
<b>Saturday</b>	2 slices of multi grain toast with butter and boiled/ scrambled/ poached eggs. 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
<b>Sunday</b>	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





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. It 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

### 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 mates 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



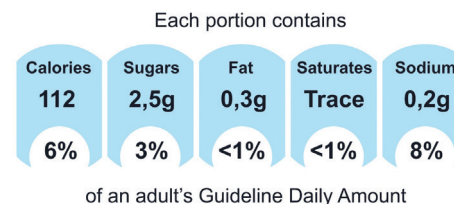
At first glance you would be forgiven for thinking that some food labels are written in a foreign language. Energy per serving, fat per 100g, sodium as a percentage of RDA, etc... What do they all mean? Labels on food normally include:

#### 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

Nutrition Information tells you the amount of calories and key nutrients from carbohydrates, proteins, fats, fibre, sugar etc in the product. This information is displayed per 100g/100mls and per portion size. The 100g/100mls figure is useful to help you compare products and to make healthier choices.



of an adult's Guideline Daily Amount

#### 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
<b>Women</b>	2000	90g	70g	20g	6g
<b>Men</b>	2500	120g	95g	30g	6g
<b>Children 5-10</b>	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.



## 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.

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.

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	<a href="http://www.studentcooking.tv">www.studentcooking.tv</a>
Recipes & Tips	<a href="http://www.nutritionandhealth.ie">www.nutritionandhealth.ie</a>
Irish Nutrition & Dietetic Institute	<a href="http://www.indi.ie">www.indi.ie</a>
Irish Heat Foundation Recipes	<a href="http://www.nodrama.ie">www.nodrama.ie</a>
Safe Food Recipes	<a href="http://www.safefood.eu/recipes.aspx">www.safefood.eu/recipes.aspx</a>
101 Square Meals Cookbook	<a href="http://www.safefood.eu/Healthy-Eating/Recipes/101-Square-Meals-(PDF).aspx">www.safefood.eu/Healthy-Eating/Recipes/101-Square-Meals-(PDF).aspx</a>

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# SS&D

Student Support  
and Development

Learning  
Counselling  
Experience  
Access  
Sport  
Disability  
Advice  
Opportunities  
Health  
Spirituality

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