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WHICH HAS MORE CALORIES: CAESAR SALAD WITH DRESSING OR A TURKEY SANDWICH?

A typical Caesar salad with dressing can have over 500 calories while a basic turkey sandwich on whole wheat bread with lettuce, tomato and a bit of mayo will have about 300 calories. The point is...don't be fooled. Choose the food that will satisfy you. For more information on the nutritional analysis, check out Eating Well on Campus or your college food service data base.

HOW MANY SERVINGS IS ONE LADLE OF SALAD DRESSING?

One ladle is approximately $\frac{1}{4}$ of a cup or 2 servings. That can be a whopping 360 calories. If salad is your choice, think about the delicious, nutritious unadorned veggies... then go easy with the dressing.

2

DOES EATING ONE DESSERT A DAY BLOW YOUR DIET?

Everyone is entitled to eat something everyday just because it tastes good... even if it isn't a nutritious part of the diets. If you don't learn to manage desserts and just restrict them, they will become too important. Plan to include something everyday...in a reasonable portion.

3

IS EATING "WHITE FOOD" BAD?

Eating "white food" isn't bad...but eating whole grains is better. When you have a choice, go for the whole grain one. You will get more nutrients and more fiber.

4

IS EATING 5-6 MEALS A DAY THE BEST MEAL PATTERN FOR A COLLEGE STUDENT?

There isn't a "best" pattern. The key is to eat when you are hungry and stop when you are full. The number of meals you eat and when you eat them should fit your schedule. If you are a late night person, be sure to include a late night snack.

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