

Five Tenets

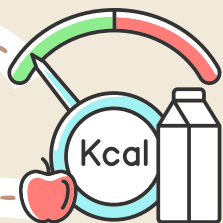
A roadmap to developing a diet to last a lifetime

Balance

Set realistic and achievable goals for yourself. Expecting to hit the mark everyday can be unrealistic when life gets complicated. Give 80% every day, and plan for days to take some liberties.



Calorie Control



It's not just about reducing calories; you need the right amount to keep your system working efficiently.

DRINK MODERATELY



Moderation

Limit excess amounts of things that can negatively impact your health. Alcohol can be fun, but excess can lead to excessive calorie intake.

1 gram of alcohol = 7 calories



Variety

Ensure proper nutrition but eliminate monotony. Variety is the spice of life!



Adequacy



Get all the essential nutrients you need and replace what is lost on a daily or weekly basis.



Contact Us!

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Student Wellness Roadmap



Know your Macronutrients

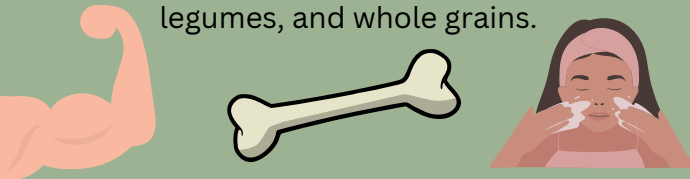
CARBOHYDRATES

The main purpose of carbohydrates is to give us **energy to fuel our activities**. Carbs are the preferred source of calories for the majority of our cells, including red blood cells, brains cells, and kidney cells. Remember: carbs can come from fruits, vegetables, and grains.



PROTEIN

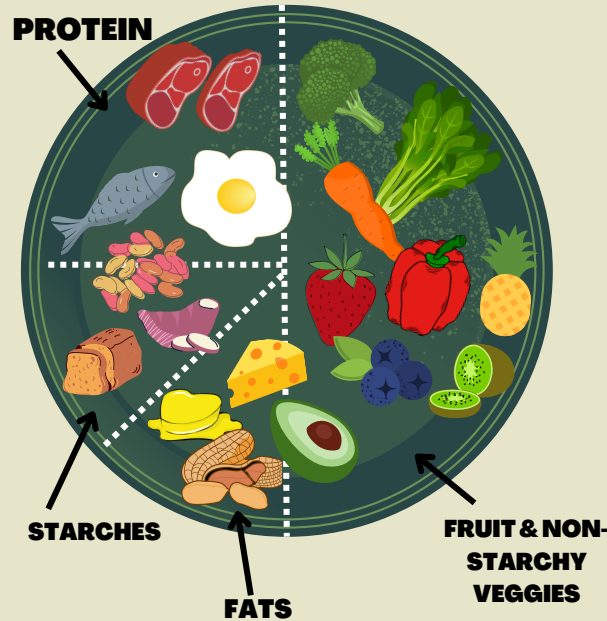
Protein provides the **building blocks of all your cells**. It aids in building and repairing not only muscle, bone, and skin, but all other cells in the body. Protein is found in meats, eggs, soy, legumes, and whole grains.



FATS

Fat is a highly concentrated source of energy your body can store for later. It provides **structure to cell membranes and cushions organs to prevent damage**. It also aids in absorption of essential vitamins A, D, E, & K.

Building your Plate



STEP 1: Start with Protein

Make protein the star of the meal. This ensures you eat enough to restore what was broken down during activities. It also keeps you feeling full between meals. **20-30 grams per meal is ideal.**

STEP 2: Fruits & Veggies

Veggies and fruits are a **major source of vitamin C, B vitamins, & minerals**. Fill half your plate.

STEP 3: All the Fixings

Add starches such as potatoes, grains, and whole grains to provide a **large dose of carbs**. Nuts, seeds, dairy, and avocados are excellent additions to provide **healthy fats**.

Get Active & Hydrated



Moderate Activity

30-60 min/day of moderate activity is essential for maintaining heart and lung health. Walking to class is an excellent way to meet this goal.



Resistance Training



2-5 days/week of body weight exercises or weightlifting is essential for developing strong muscles and bones to support you throughout your life. Incorporate exercises that work the major muscle groups: Back, Chest, Arms, Glutes, Legs, and Calves.

Drink Fluids

Drink 1mL of fluid per calorie. For example, 2,000 calorie diet = 2,000mL (67oz) of fluid. Fluids assist in regulating body temperature, lubricating joints, and removal of wastes via urination, sweating, and bowel movements. It's important to replace daily water loss to maintain a functioning body.