



Sports Nutrition News & Notes

October 2007



Healthy Eating on Ohio State's Campus

Eating healthy on campus can seem like a tough task for many athletes. The good news is, it can be done. Eating healthy on campus is similar to eating healthy in the "real world" because both start with knowing your energy needs and developing a plan to meet them. Whether you are trying to gain muscle or lose body fat, you need to adequately fuel your muscles. This means that every athlete needs to reach their daily energy, carbohydrate, protein, fat, vitamin and mineral requirements. If you would like to know your

specific needs, contact your team's sport nutritionist to help you. If you know your daily nutrition goals, here are some simple tools to get started toward a healthier campus diet:

- Know what you're eating and what's available. Visit <http://diningservices.osu.edu/menus/> and look up the nutritional content of what you're consuming (or would like to try).
- Compare items you like and choose items with low (or lower) total fat, saturated fat, and added sugars.

- Choose items that provide vitamin C, calcium, or fiber.
- Eat fruits and vegetables daily! Order meals that contain vegetables, add vegetables to sandwiches or wraps, or order a side of fresh fruit.



Do you know?

- *Do you know Sprouts Café offers a vegetarian/vegan menu, as well as, gluten free pastas and breads?*
- *Or that Fresh Express features made-to-order salads, wraps and sandwiches?*

Meet with one of our dietitians to learn more!

What is Available? Other than the Vending Machine...

Here is a complete list of OSU's dining options. Check them out at <http://diningservices.osu.edu/>

- **Cafeteria Dining:** North and Kennedy Dining Commons
- **Buckeye Express:** Fast food carry out at Baker and North Commons
- **Sprouts Cafe:** Vegetarian, vegan and gluten free service at Kennedy Commons
- **Mirror Lake Cafe:** Hot subs, smoothies, and more in the northwest Corner of Pomerene Hall
- **The MarketPlace on Neil:** Market style service featuring an East/West station, deli and Panini sandwich, and made to order foccacia, prepared in a stone hearth oven.
- **Campus Grind:** Espresso deli cafes located in many academic building across campus.
- **Oxley's by the Numbers:** Pizzas, subs and more located on the first floor, southeast corner, of the Tuttle Garage at 2035 Millikin Road Mall.
- **The Wexner Cafe:** This café is located on the lower level of the Wexner Center entering the southwest entrance at 1871 North High Street.
- **Woody's:** BBQ sandwiches at the Ohio Union next to Wendy's on the first floor.

Viewpoint Bistro: a seated, restaurant style bistro at the Drake Union. This is teaching restaurant. Reservations are required for dinner.

OSU is so big. Remember that access to a variety of foods and choices is an advantage. Learn to use it!

How Knowing Makes a Difference

Let's compare some popular campus snacks and meals to demonstrate how your nutrition choices do make a difference. For example, at *Marketplace*, the Pepperoni Focaccia contains 1100 calories and 51 fat grams, while ordering a half portion of Chicken Marinara and a side salad (cucumbers, tomatoes, green peppers, romaine lettuce and 2T balsamic vinaigrette) contains 350 calories and 9 grams of fat. That's a difference of 750 calories and 42 fat grams (or the amount of fat in a McDonald's Double Quarter Pounder with Cheese)! Here is another example of a simple healthy change you can make. At *Mirror Lake* you can cut 60 calories and 9 grams of fat without sacrificing any protein by choosing an egg & cheese muffin instead of an egg & cheese croissant.



Snacks “on the go” can be a challenge when you're busy. If you plan to pick something up from a campus location, use the dining services website beforehand to find nutritious snacks that work for you. It may come as a surprise, but at *Juice 2*, the Mango Peach Strawberry Smoothie contains 300 calories. This may be a healthy choice for you, but it's important to be aware of your overall calories for the day, depending on your nutrition goals.

Burrito Noches Café: A Highlight on Comparison*



Carnitas Burrito (12.5 oz)

Chicken Burrito (12.6 oz)

Calories	950	Protein	49 g	Calories	760	Protein	46 g
Carbs	71 g	Fat	50 g	Carbs	72 g	Fat	29 g
Calories from Fat	47 %	Cholesterol	152 mg	Calories from Fat	34 %	Cholesterol	100 mg
Vitamin C	5 mg	Calcium	650 mg	Vitamin C	4 mg	Calcium	620 mg
Iron	7 mg	Sodium	1750 mg	Iron	7 mg	Sodium	1760 mg
Fiber	3 g			Fiber	2 g		

Do these fit?

Common recommendations for a 2000 calorie diet include less than 65 grams of fat and 60-100 grams of protein for the entire day, depending on the goals. A similar 3000 calorie diet would have less than 100 grams of fat, and 75-150 grams of protein, depending on body size and goals.

*A quick comparison of these two burritos quickly shows that the chicken burrito has 190 fewer calories and 21 fewer fat grams than the carnitas burrito, while still providing ample protein, carbohydrates, and over half of your daily calcium needs. If you are trying to get lean sources of protein, learn to do these comparisons!

Remember, you can use this same comparison method for “off-campus” nutrition information, such as websites for fast foods or nutrition labels for products at the grocery store.

Please feel free to contact your team's sports dietitian for an individual nutritional consult! We are also glad to provide group presentations. We look forward to helping you reach your nutritional and performance goals!