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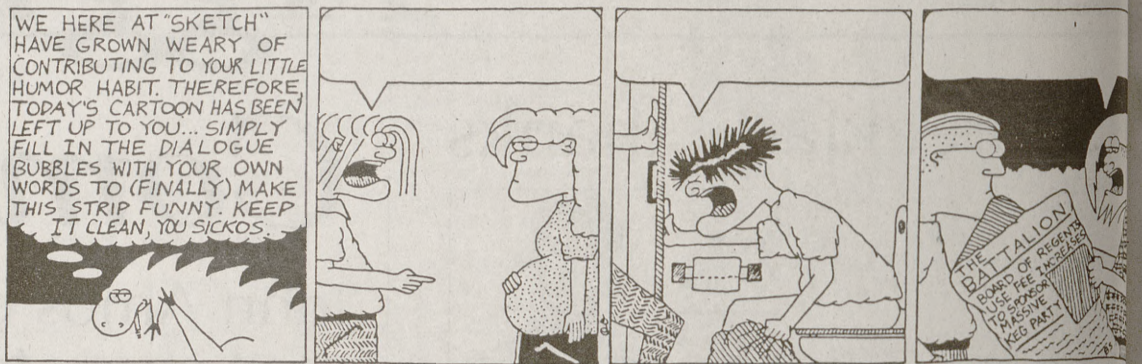
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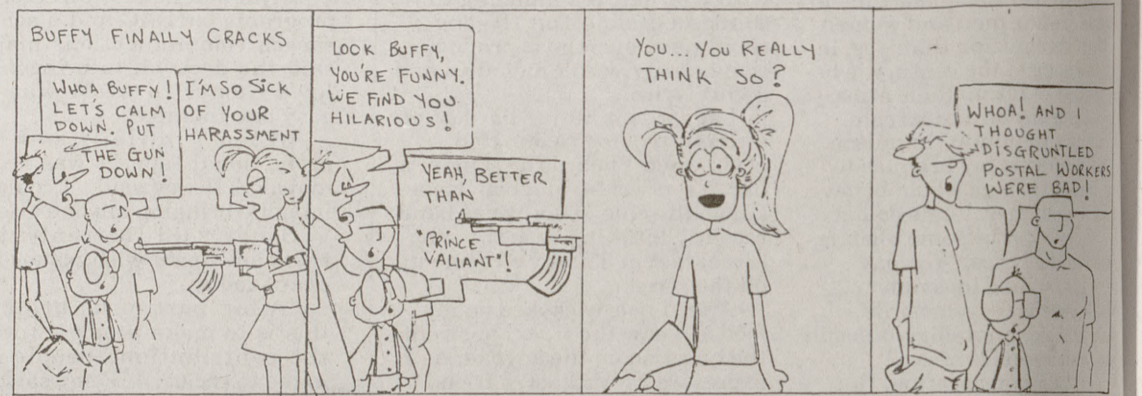
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Look for our schedules in the Battalion on Mondays and Thursdays.

Ewe Hall

By JEL...



HEALTH TIPS

Purchasing nutritious groceries requires planning, self restraint

By Ashley Musick
 A.P. BEUTEL HEALTH CENTER

Many things are considered when a student goes grocery shopping. Money is often a big factor when deciding what foods to purchase, but there are often factors of limited time, storage and cooking methods.

However, one thing that should be at the top of every student's priority list is to get proper nutrition in order to function and save energy.

Planning meals is the first step to creating nutritious foods that fit your budget. Write a weekly menu of meals and snacks you plan to prepare. This will eliminate last-minute fast food which is often a source of extra fat and calories. Then make a shopping list of items needed for the planned meals.

Plan to go to the grocery store after a meal when you are not hungry. This should keep you from buying impulse items that are not on your shopping list.

Impulse items often add cost and calories. Buy a variety of foods, including foods from the bread, rice, pasta and cereal group; the vegetable group; the meat group; and the dairy group. Try to limit the number of items you purchase that are high in fats, oils and sweets.

Labels are of great help when deciding the nutritional value of your food. A label includes the serving size, servings per container, the number of calories, the number of calories from fat, total fat, saturated fat, cholesterol, sodium, total carbohydrate, sugars, dietary fiber, protein, percent RDA for vitamins and minerals and may include a daily values footnote which lets

you know how the current nutrition recommendations.

The label should help you take the nutrients you need without getting extra calories, fat, cholesterol and sodium you may not want.

Buying healthy groceries is something most of us do not take much time to think about. It may be second nature to some people, but for others who may not have previously done much grocery shopping for meal planning, it may not be so easy.

However, with the use of nutrition labeling and careful planning, you will be able to shop for healthy, well-balanced meals for a more healthy and energetic you.

For any questions or additional information, students may come by 016 A.P. Beutel Health Center.



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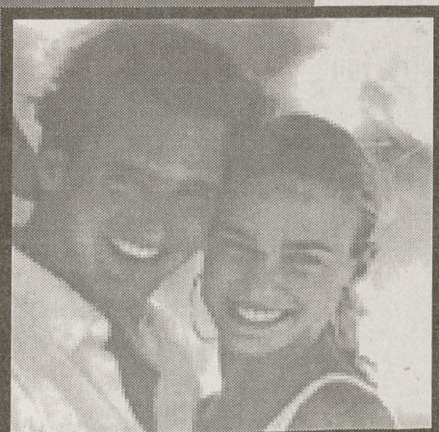
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