AGGIELIFE

THE BATTALION

Page 3 • Friday, September 3, 2004

Students scope health scene of campus cuisine

aw says (a Contract of Contrac mean healthy eating in college may be hard, but impossible not

WHAT A RE WE EATING?

NEW

TTALIO

page 1

ask: we ve a direc

to make ary or and

Carlson

aw says (of

etings."

rtments' bu

red when

ent will gen Carlson said we can in t

the past

out we're nake mana

idents ne

issue for

money is

lents to s

issue cor

more fur

bage 1

o on them

using the asy."

a, a soph

volved with

ugh we w

purposet Socha sa

e universit are all di ision mig

of the u

said.

ools, such and Oklah

amping th

make the s more bro

sure they standardss

Athletic D

DN

y Chief Editor Editor ducer

ugh Friday during the exas A&M MASTER: 11 TAMU,

exas A&M 014 Reed 47; E-mail:

dorsement I 979-845-are in 015 gh Friday

exas A&M nal copies asterCard,

Here's a sample of what was on our plates for the 2003-2004 school year at all on-campus dining facilities.

French Fries
146,300 lbs.
Hamburgers
114,140 lbs.
Chicken Breast
89,000 lbs.
Heads of Lettuce
85,190 lbs.
Chicken Strips
67,150 lbs.
Mashed Potatoes
25,000 lbs.
Low-fat Ranch Dressing Package
17,035 lbs.
Frozen Spinach
8,964 lbs.
137,519 apples
81,332 bananas
78,672 oranges
13,488 honevdew melons

SOURCE: TAMU DEPT, OF FOOD SERVICES

By Teresa Weaver THE BATTALION

Although the first impression of oncampus dining may be filled with images of students gorging themselves in the all-you-can-eat Sbisa Dining Hall, healthy eating habits can be found at numerous places around campus.

Despite this, Sam Kuhr, a senior marketing major, said many students don't take advantage of healthy alternatives. "Most people don't put any thought into healthy eating choices," Kuhr said.

"People order what tastes good to them, and they don't think about the nutritional value of things." Kuhr has been a student worker at Rumours Deli in the Memorial Student

Center for the past three years. Rumours provides sandwiches, wraps and other ous locations run by A&M's the Department of Food Services.

Kuhr said that, as a freshman, he used to sit in Sbisa for hours, getting one serving after another to get his money's worth.

"You sit with your friends and go back for more and more and by the time you're done, you've had two or three meals," Kuhr said. "You really have to be aware of the portions you eat and ing during the day and especially late stay away from the fried foods that have

Kendra Wetterling, a junior marketing major and resident adviser for Schumacher Hall, said she also the food available on campus is accestries to eat healthy meals while living on campus.

"If you put an effort into eating a healthy meal, you can do it," Wet-

Wetterling said she visits the farm-ers' markets located near campus on South College Road to get fresh fruit per serving.

come up with creative dishes using only meals on campus. the microwave.

You can bake a cake, cook turwant with a microwave, Wetterling said. "One of my resi- week, reducing her fast food.

dents tried to steam broccoli one time, though, and that reeked."

Cynthia Zawieja, associate director of Food Services and a dietician, said she observes the eating habits of stucommonly eat the same thing for

"You limit with the lack of nutrients you are receiving," Zawieja said. "Good eating habits are based on eating a variety of foods from all the food groups.

She said other cating habits that Donovan lives on campus and frequently visits Sbisa for lunch and dinner prevent students from a well-balanced diet are snack-

at night, as well as drinking excessive amounts of soda and alcohol, both of which are sources of empty calories.

sible on the Food Services Web site, http://food.tamu.edu. When looking at Today's Menu, click on the apple icon to receive information on specific dishes. She said the Web site lists ingredients for each dish as well as information

Zawieja said this new feature Wetterling said she has seen students will help students find healthier

Sophomore animal science major key and do pretty much anything meals by limiting her meal plan. She only eats five on-campus meals per

"I go to the sandwich shops instead of on sandwiches, you are cutting down love Sbisa cookies, but they're probably the worst for you.'

DJ Curtis, a junior general studies major who lives off campus has an oncampus meal plan. Using one meal per day, Curtis avoids greasy, fatty foods and tends to eat foods such as sandwiches, salads and pasta at Alonti in the Underground Food Court.

"On-campus food is healthy some-times," Curtis said. "It depends on where you go. If students go to Sbisa or Duncan, (they) can choose what they

Kuhr agrees that although there are healthy alternatives for students, most

you leave off the lettuce and tomatoes a regular meal."



SHARON AESCHBACH . THE BATTALION Junior physics major Michael Donovan serves himself food at Sbisa dining hall Tuesday evening.

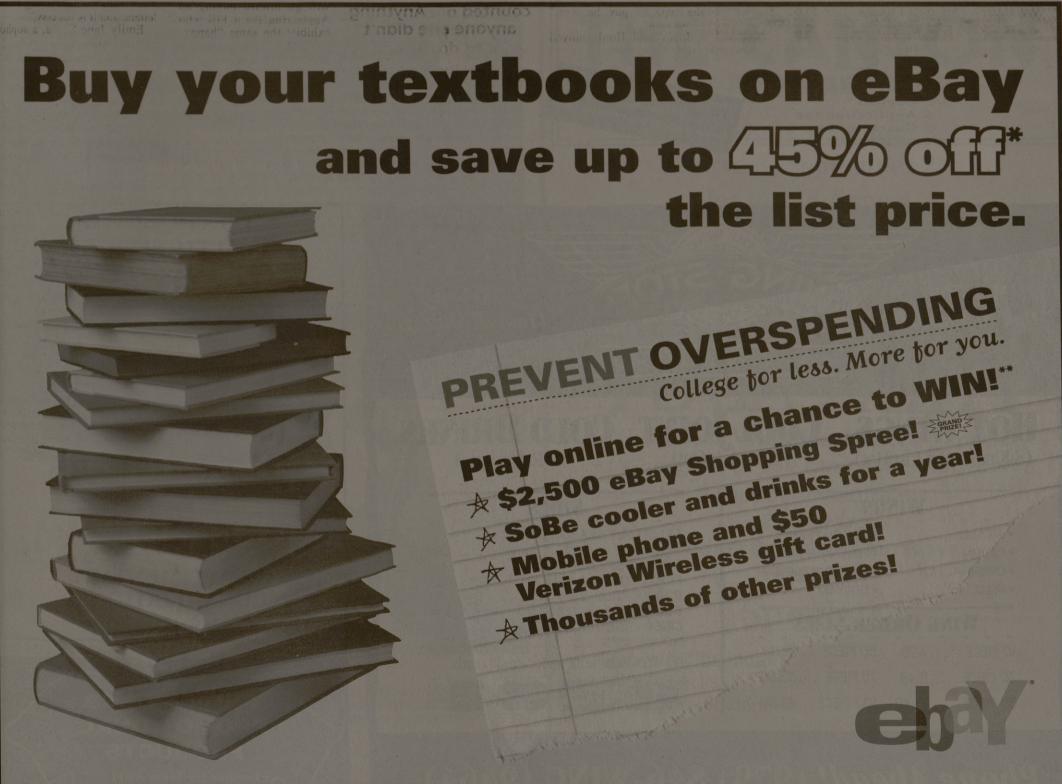
> fast food places," said Chumney. "It's on part of the healthy aspect of the kind of hard to eat healthy on campus. I meal," Kuhr said. "By leaving off mayonnaise or taking a piece of fruit instead of cookies, students can have

Despite the plethora of healthy food options that lie next to the cookies and chips, Aggies are choosing what tastes good.

"We try to push more nutrition," Zawieja said, "but when we put it out there, students don't want it."

Zawieja agrees that for students to eat healthy, they have to make the effort to eat the right food and avoid unhealthy alternatives.

"Putting sour cream and guacamole on your taco salad only adds calories Lana Chumney said she eats healthy do not want to put much thought into to your diet," Zawieja said. "When people use two packets of dressing on "People don't realize that when top of a salad, they might as well eat

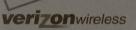


every meal.

Prizes provided by:







www.ebay.com/college