Healthy Living

STUDENT Guide

Fort Valley State University
A State and Land-Grant Institution • University System of Georgia
College of Agriculture, Family Sciences and Technology
Cooperative Extension Program

FVSU Extension
Knowledge for Inspiring Lives!
College students away from home for the first time face many new situations. Freshmen have to decide what to buy for their college dorms, go grocery shopping without their parents and clean up after themselves. This brochure is a guide that informs college students about:

- Utilizing kitchen space
- Buying nutritious foods
- Preparing healthy meals and snacks
- Saving money on purchases
- Preventing germs from spreading
### No Kitchen
- Keep on hand foods that are already prepared and require little or no refrigeration or heat since most traditional on-campus housing forbid microwaves and hot plates.
- Store food in clear, sealed containers to prevent spoilage and insect infestation.

### Semi-Suite/Suite: Kitchenette
- Keep foods that are easy to prepare or require little preparation since these kitchens generally contain a sink, refrigerator and small amount of counter space.
- Be sure to store food in its proper place (i.e. refrigeration, cool, dry place).
- Be sure to keep appliances (toaster ovens, electric grills, etc.) clean and to use them according to directions.

### Apartment: Full Kitchen
- Purchase a larger variety of foods since full kitchens typically consist of a double-sided sink, refrigerator, oven, stove and moderate amount of counter space.
The following lists should serve as guidelines when making purchases. When purchasing items, always look out for bargains in the form of bulk purchasing, coupons, online discounts and store brand deals.

**Useful Items**
- Storage Containers
- Paper Towels
- Plates/Bowls
- Pots/Pans
- Can Opener
- Mop
- Dust Pan/Bucket
- All-Purpose Cleaner
- Clorox Bleach
- Oven Mitt
- Plastic Silverware
- Ziploc/Sandwich/Freezer Bags
- Cups
- Dish Rack
- Broom
- Rubber Gloves (Disposable/Reuseable)
- Antibacterial Wipes
- Dish Cloths
- Aluminum Foil
- Baking Soda

**General Appliances**
- Microwave
- Toaster
- Toaster Oven
- Electric Grill
- Deep Fryer
- Waffle Iron
- Blender
- Rice Cooker
- Coffee Maker
- Mini Refrigerator

**Basic Foods**
- Dried/Canned Fruits
- Minute Rice
- Granola Bars
- Jelly
- Salt/Pepper
- Crackers
- Yogurt
- Bread
- Canned Tuna
- Baked Chips
- Peanut Butter
When shopping for foods, be sure to have in mind when and for what you plan to use the foods you are purchasing.

- Pay attention to “Sell By,” “Best if Used By” (or before) and “Use By” dates.
- Read and follow any Safe Handling/ Safe Preparation Instruction labels.
- Refrigerate leftover foods immediately in shallow, covered containers.

Use sources such as MyPyramid (www.mypyramid.gov) to:
- Plan healthy, balanced meals
- Create a personalized plan for healthy eating
- Assess your food intake and physical activity
- Determine the nutritional facts for food items

Cookbooks and websites are a good source of low-cost, easy to prepare recipes:
- www.cashcourse.org/fvsuag/Article.aspx?24
- www.recipezaar.com/cookbook/College-Budget-Recipes-83331
- allrecipes.com/Recipes/Everyday-Cooking/Campus-Cooking/Main.aspx
- allrecipes.com/HowTo/Campus-Cooking-the-Advanced-Course/Detail.aspx
- www.mnsu.edu/shs/healtheducation/bmc/
Introduction

Find your balance between food and physical activity

• Be sure to stay within your daily calorie needs.
• Be physically active for at least 30 minutes most days of the week.
• Sustain weight loss by being physically active at least 60 to 90 minutes a day.

Know the limits on fats, sugars and salt (sodium)

• Make most of your fat sources from fish, nuts and vegetable oils.
• Limit solid fats such as butter, stick margarine, shortening and lard, as well as foods that contain these ingredients.
• Check the Nutrition Facts label to keep saturated fats, trans fats and sodium low.
• Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.

Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice or pasta every day
1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal or pasta

Grains
Make half your grains whole

Vegetables
Vary your veggies

Eat more dark-green veggies like broccoli, spinach and other dark leafy greens
Eat more orange vegetables like carrots and sweet potatoes
Eat more dry beans and peas such as pinto beans, kidney beans and lentils

Grains
Eat 6 oz. every day

Vegetables
Eat 2½ cups every day

For a 2,000 calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

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Basic Styles of Kitchens

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Fruit
Focus on fruits
Eat a variety of fruit
Choose fresh, frozen, canned or dried fruit
Go easy on fruit juices

Milk
Get your calcium-rich foods
Go low-fat or fat-free when you choose milk, yogurt and other milk products
If you don’t or can’t consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages

Meat & Beans
Go lean with protein
Choose low-fat or lean meats and poultry
Bake it, broil it or grill it
Vary your protein routine – choose more fish, beans, peas, nuts and seeds

Eat 2 cups every day
Get 3 cups every day
Eat 5½ oz. every day

Grains
Make half your grains whole
Eat 6 oz. every day

Vegetables
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Measurement Abbreviations

- tsp ........................ teaspoon
- tbsp or T ................ tablespoon
- C or c ...................... cup
- pt .......................... pint
- qt .......................... quart
- gal ........................ gallon
- oz .......................... ounce
- lb .......................... pound
- L or l ..................... liter

Measurement Equivalents

- 1 tablespoon (tbsp) .... 3 teaspoons (tsp)
- 1/4 cup ..................... 4 tablespoons
- 1/3 cup ..................... 5 tablespoons + 1 teaspoon
- 1/2 cup ..................... 8 tablespoons
- 2/3 cup ..................... 10 tablespoons + 2 teaspoons
- 3/4 cup ..................... 12 teaspoons
- 1 cup ...................... 48 teaspoons
- 1 cup ...................... 16 teaspoons
- 8 fluid ounces (fl oz) ... 1 cup
- 1 pint (pt) ................. 2 cups
- 1 quart (qt) ............... 2 pints
- 1 gallon (gal) ........... 4 quarts
- 16 ounces (oz) .......... 1 pound (lb)
Poor personal hygiene by food handlers is the second leading cause of food borne illness.

- Wash hands before and after handling food, especially raw foods.

- Wash and sanitize counters and utensils used to prepare foods regularly.

- Avoid cross-contamination by washing utensils and surfaces in-between food preparation.

- Be aware of the signs and symptoms of food borne illness and seek treatment immediately.
The average kitchen dishcloth can contain 4 billion living germs.

- Regularly disinfect dishcloths and/or sponges used to clean, as they may harbor germs and bacteria and contaminate items all over again!

- Disinfect dishcloths or sponges by placing them in the microwave for one minute, watching carefully to prevent burning.

- Dishcloths may be run through the washing machine using hot water and detergent.

- Sponges should be disinfected after every use and replaced about every two weeks.

- Consider using paper towels when cleaning kitchen surfaces.
<table>
<thead>
<tr>
<th>Type of Cleanser</th>
<th>Areas to Clean</th>
<th>Cleaning Solution</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>All-Purpose Cleaner</td>
<td>Refrigerator, appliances, sinks</td>
<td>2 Tbsp baking soda + 1 quart warm water</td>
<td>Mix, clean surfaces, dry with a clean cloth.</td>
</tr>
<tr>
<td>Sanitizer</td>
<td>Countertops, cutting boards, dishes, floors, appliances, trash cans</td>
<td>1 tsp bleach + 1 quart water</td>
<td>Mix, wipe surfaces, do not rinse, allow to air dry.</td>
</tr>
<tr>
<td>Disinfectant</td>
<td>Refrigerator, appliances, sinks, countertops, stoves, trash cans, dish cloths, sponges</td>
<td>3/4 cup bleach + 1 gallon water</td>
<td>Mix, wash, wipe or rinse area/item water, apply solution. Let stand 5 minutes, rinse and air dry.</td>
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