



Get off the SoFAS!

Ask your Nutrition Educator to introduce you to one of our services below:



Monthly Mentions

Nutrition Tip: Trying to watch your waistline during the holidays? Try and increase your fruit and veggie intake to 3-5 servings a day. Fruits and vegetables have a high water and fiber content which can keep you full longer. Fruits and veggies are also very low in calories so you can eat more than other high calorie snacks.

Fruit & Vegetable: For sweet potato and apple recipes, visit our website:

<http://www.drexel.edu/nutritioneducation/>

Now In Season: Bell Peppers, Broccoli, Winter Squash, Carrots, Apples, Cranberries, Pomegranate, Kiwi

November Health Observations:

COPD Awareness Month, National Stomach Cancer Awareness Month, Lung Cancer Awareness Month, American Diabetes Month

Nutrition Education in Action



Jackson and nutrition educator, Laura play the Spin Smart game at Kearny Elementary School's Fall Festival.

Tasty Topics

Get off the SoFAS! - And no this time we aren't referring to your furniture. "SoFAS" is a new term which stands for **Solid Fat and Added Sugar**. This term emerged around the time the 2010 Dietary Guidelines for Americans were released. SoFAS account for a large majority of the American diet and can be found in popular items such as fried foods, baked goods, sodas, candy and sports drinks. Solid fats and added sugars can not only make you gain weight, but can increase the risk of diabetes and heart disease. To avoid SoFAS, remember to read food labels and try to keep saturated fat below 10% of your daily calories. Also, remember that what we drink is just as important as what we eat. When choosing a beverage, stick to water and 100% fruit juice to avoid excess sugar.

Nutrition Nibble

Thanksgiving is quickly approaching! With all the festivities and great food that comes along with the season, one thing you don't want to worry about is getting sick. To avoid having the holiday blues, remember to practice food safety. A few tips to remember are:

- Always wash your hands before handling food
- Use separate cutting boards and utensils for raw foods to avoid cross contamination
- Make sure whole turkeys are cooked to a minimum of 165°F
- Refrigerate stuffing and turkey separately in shallow containers within 2 hours of cooking
- Use leftover turkey and stuffing within 3-4 days or freeze these foods.

Questions or Comments?
Email: nutritioncenter@drexel.edu
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Nutrition Education Program
Drexel University

YOU CAN MAKE SMART CHOICES!

To keep your body healthy, you need to make smart choices about the foods you eat, how much you eat and how often you exercise. The chart below shows the food and exercise choices that three students made in one day. Use the information in the chart to decide how healthful their choices were.

STUDENT	BREAKFAST FOODS	LUNCH FOODS	SNACKS	ACTIVITIES
Jason	A blueberry muffin, a box of fruit-flavored punch	A slice of pizza, a side order of corn, a can of soda	A bag of potato chips, a can of soda	Gym class, an hour of watching television, an hour of doing chores around the house
Jennifer	A glass of orange juice	A turkey sandwich, a side order of mashed potatoes, a pint of milk	A chocolate bar, an apple, a box of orange-flavored drink	Gym class, walking home from school, an hour of playing video games, an hour of watching television
Sarah	A bowl of cereal, two pieces of toast, a glass of orange juice	A bowl of tomato soup, a roll, a pint of milk	A supersize order of french fries, a can of soda	Gym class, an hour of soccer practice, an hour of watching television

1. Which student do you think ate the most healthful breakfast? Explain your choice.

2. Which student(s) chose a healthful lunch? Explain your choice(s).

3. Potatoes can be a healthful choice, depending on how they are prepared. For example, a plain baked potato has a small amount of fat. A small order of french fries, which is prepared with oil, has 11 grams of fat, and a bag of potato chips has 10 grams of fat. What would you tell Sarah to help her make more healthful snack choices?

4. Which student do you think needs to get more exercise? Explain your choice.

What advice would you give to him or her? _____

