

University Student's Nutrition Questions ...

Here are some responses to students' super questions.

“I want to eat at night while studying, what can I have?”

While we do not want to eat mindlessly all evenings, choosing to eat a low fat, moderate protein nutritious snack at night when you need a little lift - not a bad idea! Some suggestions:

- Munch along on a 250 ml mixture of dry cereal, pretzels, peanuts and raisins or dried blueberries!
- Fill a plate with grapes, sliced apples and pear, or make that a bowl of baby carrots! Add a serving of cheese (a piece equal to 4 dice) for protein.
- Have a bottle of water and herbal teas throughout the evening for good hydration.

Oil versus water in the stir-fry, does it make a difference?

By switching from oil to water, you can eliminate 6 tsp or more of fat from your diet at a meal! If you are trying to lose weight, this would be a great idea! In fact if the stir-fries are ~ 3/week, over the school year this would add up to 32000 calories or 9 lbs of weight! Otherwise if your overall fat intake is low or, if you are trying to gain weight, be comforted by the fact this is actually healthy trans-fat free oil!

Ellen MacIntosh-Harris, Registered Dietitian