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**Steps to Smart Eating**

By Erik Carpio

**Ramen Noodles and In-N-Out burgers** may sound like a familiar diet to many college students, but it is far from a healthy one. However, as a student with a tight budget and little to no time, cooking is often disregarded as an option. This article details how to prepare simple and healthy meals for breakfast, lunch and dinner, while staying within budget.

**Step 1: Meal Plan and Shopping List**

- On the weekend, plan next week’s meals.
- Write a shopping list of items needed. Remember those coupons and save money.

**Step 2: Try to get most if not all of the shopping done.**

- Once home, begin to chop the vegetable ingredients in advance. Taking these steps saves time during the week and provides a good break from your homework and studying.

**Step 3:**

- At a loss for quick and cheap meal ideas, Robin Miller, a nutritionist and Food Network personality offers hundreds of healthy recipes that take as little as 10 minutes to prepare. 1 Vegetarian recipes are listed as well. Planning and preparing are steps on the way to becoming a smart eater.

**Breakfast is easy to make healthy.** A delicious and healthy breakfast consists simply of whole grain cereal (Cheerios) or oatmeal and milk. Never skip breakfast because you’ll have less energy throughout the day. 2 For students on campus, lunch at cafeteria, think about packing a lunch. In the morning make a peanut butter and jelly (PB&J) or turkey sandwich. It only takes minutes and it will prevent you from using the vending machines and/or fast food stands. Ingredients for a sack lunch are cheap and found at the local supermarket. Also, include a bottle of water or juice, a piece of fruit, and healthy snacks: nuts or granola bars. Another lunch option is bring leftovers to heat in one of the many microwaves around campus.

Now, let’s create a healthy dinner with little work as possible. Remember your vegetables are already chopped. Here are a couple of delicious meal ideas from Robin Miller. Make Stir—Fried Chicken and Vegetables. With all of your ingredient purchased from the weekend and vegetables chopped, your cooking time will be reduced greatly. These two recipes take less than 15 minutes to make, and of course there are many others to choose from. Another option for dinner is eating a breakfast or lunch item, such as a bowl of cereal or sandwich. These suggestions are particularly handy for those days when your schedule is beyond hectic.

Even when eating healthy, it is important to understand portion control. There is a saying in Okinawa, Japan, hara hachi bu, that loosely translates “Eat until 80 percent full”. Just because you eat healthier does not mean the consumption of food should increase. Before reaching for seconds, give your stomach a 20 minute break and then reassess if you are still hungry. By taking this break, you avoid overeating and there will be leftovers that can be used for future healthy lunches. If meal portions are

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“I’ll never be skinny enough.” “Why do I always fail?” “I hate how I look.” Negative phrases like these run through the minds of many everyday and a great number of these individuals are youth ranging from college age to high school and even younger. When someone becomes overwhelmed with these feelings it can negatively affect their mental health and can ultimately lead to the development of mental problems such as eating disorders or depression. One way to help fight this is changing how you view yourself and thinking more positively. This is one goal the CSULB organization Headstrong aims to promote and carry the message.

HeadSTRONG was founded in 2008 by Kristin Davi, who is also the president of the organization and a student at CSULB. Davi saw a need for a group that addressed self and body image issues. While there were resources on campus students could use, such as Counseling and Psychological Services (CAPS), there were no student organizations formed that provided a supportive community that focused on building a strong mentality against distorted self images. Anorexia and bulimia are two eating disorders which are of focus for HeadSTRONG.

Besides sponsoring annual events, Davi hopes that HeadSTRONG will continue to experience success and looks to gain further strength and support in the years to come. The involvement of talented and passionate students and supporters, according to Davi, is one reason this organization continues to flourish. HeadSTRONG receives positive acceptance and praise from the Long Beach community and CSULB, as indicated by numerous mentions in the Forty-Niner. With over twenty members and many campus and community supporters, this organization influences and strengthens minds across campus.

Hope you are thinking, “How can I get involved?”

HeadSTRONG currently meets every Tuesday at the USU at 7pm. They always welcome new members and professionals in the community who may offer resources for students. Members can access and use discounted rates for listed counseling services in the community, such as to address nutritional concerns and issues. The organization provides a website, csulbheadstrong.com, on which you can check out upcoming events, monthly newsletters and read about specific students who keep the club up and running.

The website lists contact information. Davi reassures us all that “HeadSTRONG will become a worldwide recognized organization one day. I promise this.” She offers an invitation to all students to come make this a reality.

A wide variety of dining services at CSULB offer students everything from a quick snack to a fulfilling meal. Even though most services prepare foods that are rich in calories, students can make healthy choices from the posted menus. In addition, there are four convenience stores offering this program to uninsured, low income females, less than 26 years old.

Having a wide selection of fast food vendors on campus can make it hard to eat nutritionally. However, if you check the dietary content of these menus, you can make healthier choices. Most food chains post nutritional information on their websites. For example, a “number one” from Carl’s Jr., which is a Famous Star with cheese combo, is a quick snack that focused on building a strong mentality against distorted self images. Anorexia and bulimia are two eating disorders which are of focus for HeadSTRONG.

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One of the many services offered at the Health Resource Center is Peer Nutrition Counseling. This is a great re- source for CSULB students! Not only are the counseling sessions free to CSULB students, but are offered here on campus. The Nutrition Counselors are seniors in the Nutrition and Dietetics program, who personalize sessions to meet each indi- vidual’s nutritional needs. Counselors develop a nutritional plan based on a student’s particular needs, whether to lose weight, switch to a vegetarian or vegan diet, lower cholesterol or to eat a well-balanced healthier diet.

Before making an appointment, each student fills out a confidential intake form. This completed form provides counselors with important background information necessary for researching specific nutritional needs. Counseling ses- sions are done at the Health Resource Center, located in Student Health Services. To make an appointment, please stop by the HRC anytime Monday thru Friday 8-6 p.m. or visit our website at http://www.csulb.edu/hrc

To find out more about the Peer Nutrition Program, questions were asked to the current Peer Nutrition Counselors for the Spring 2010 semester.

Why should students check out peer nutrition counseling?

Reema: “It is important for my peers to get their diet analyzed, just to make sure they are consuming the recom- mended nutrients and to help prevent any future deficiencies. There are a lot of misconceptions about nutrition; therefore, it is important to learn the facts.”

Wendy: “Students can come in and talk to other students about healthy eating and not feel lectured from profes- sionals because the counselors are students as well.”

Lucia: “One reason is to learn the basics of nutrition and to see if they need to make changes to their daily diet.”

If there were one thing you could tell students about nutrition, what would it be?

Wendy: “Nutrition is not hard! Many believe that it’s hard to be healthy, but it really isn’t. Everything is good for you as long as you eat foods in moderation. Have a variety of foods and try everything at least once!”

Whitney: “Ignorance is not bliss. Learn about nutrition as soon as you can and when you are older you will appreciate how well you treated your body.”

Reema: “One thing I would tell students about nutrition is that “moderation” is critical. A well balanced meal that incorporates foods from all food groups will help them live a much healthier life.”

What is your favorite part of interning as a Peer Nutrition Counselor?

Whitney: “It is really rewarding to know that you are helping someone achieve their goals and become a healthier individual.”

Jin: “My favorite part of interning as a peer nutrition counselor is interacting with clients and being part of a life style change process.”

Wendy: “My favorite part of counseling is the one-on-one conversations that I have with the clients that come in. I love to listen and give advice to people who want to learn how to eat healthier.”

Thank you to the CSULB Peer Nutrition Counselors who participated in this article: Jin Kuo, Lucia Marini, Reema Kanda, Wendy Ceja, and Whitney Randall.

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Easy Tips for Healthier Eating

By Angeline Ulanday

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“Once a year and is open to any student (all shapes and sizes) to attend and participate in. The Unity Forum, as Davi states, is a partnered effort “with another organization and we put on a forum where students can express their views on culture, diversity, stereotypes, personal struggles, etc.” Other events are open mic night, where poetry and music are shared, and “No Fat Talk Week.” “No Fat Talk Week” is a week where students are encouraged to not only to not judge the weight of others with phrases such as, “Do I look fat?” HeadSTRONG participates in the National Alliance on Mental Illness (NAMI) Walk. The NAMI Walk is an annual 3K walk fundraiser whose aim is to raise awareness of mental ill-