

# Food Fact and Fiction: Healthy Food on Campus

by **Angela Hanlon**

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From now until April, I am giving you the chance to get free information about virtually anything you would like to know about food! All you need to do is e-mail me your questions at [ahanlon@upei.ca](mailto:ahanlon@upei.ca), and I will either reply to your e-mail or answer your question in my column.

Don't worry, I won't mention your name because that's just unprofessional. I expect to have enough e-mails to get me through next week's column and then some, so get cracking!

Well, it's the beginning of the school year. That means you all just got back to school and I'll bet you are trying like mad to keep that six-pack and those great swimsuit curves. So instead of getting to the cafeteria at 12:00 absolutely famished for three hamburgers and two plates of fries with extra gravy, take five minutes to eat breakfast. And I'm not talking about a wimpy bowl of Rice Krispies. I'm talking Protein such as regular peanut butter or a piece of cheese. **PROTEIN POWDER IS**

**GREAT IN SMOOTHIES.**

Well, now that you're set until lunch maybe you'll stay awake in class....and mmm that cafeteria food smells good! Now those of you who couldn't care less about what you eat will go straight for the burgers and fries, but for everyone else there are so many options! Grilled chicken sandwiches, wraps, focaccia, and my personal favourite, veggie pizza! Don't be afraid to eat a little bit of fat because it actually helps you eat less. (By the way cheese is high in fat and protein and that's why I like to eat it before noon when my body wants the most food).

Lunch was great but 3:00 rolls around quickly and man you need an energy boost! **YOUR LACK OF ENERGY IS LIKELY DUE TO MILD DEHYDRATION SO DRINK A COUPLE OF GLASSES OF WATER EVEN IF YOU'RE NOT THIRSTY.** I'll bet you'll feel better within minutes. Also, it doesn't hurt to have some sunflower seeds or a cookie.

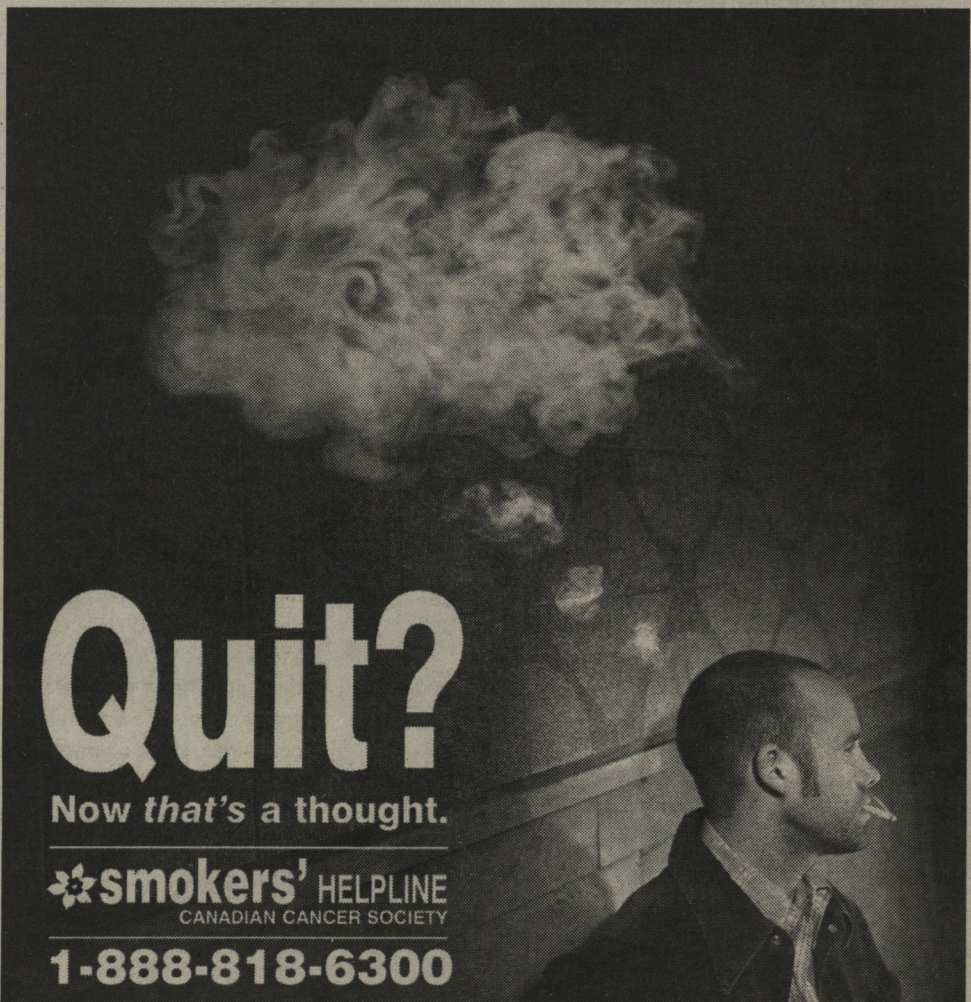
Now that you've gotten through the day it's dinner time. You should be focussing on two things: vegetables and protein. This is not a difficult task but you

vegetarians must remember to eat "complete" proteins. If you need help completing your proteins then e-mail me. Now since you've eaten healthy amounts of food throughout the day, you shouldn't need a monstrous plate of dinner. Moderate it and have a snack at around 8:00pm. Don't eat right

before you go to bed because you won't sleep well and you'll have trouble getting up for your alarm clock.

Seriously, you can study all you want but if you're not eating right then you won't get very far.

See ya next Issue!



**Quit?**  
Now *that's* a thought.

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