Food is powerful. The foods you choose to fuel your body have incredible impact on every single bodily process, from breathing, to moving to thinking. Good nutrition means less chance of deadly chronic diseases, like heart disease, diabetes, and cancer. Good nutrition means a better chance at a longer, healthier life – proper nutrition can mean the difference between a long healthy life and a long life with disability and fragility! Good nutrition means a stronger immune system, which in turn translates into lower risks of infection – from annoying disturbances like the common cold to more serious infections like MRSA (Methicillin-Resistant Staphylococcus Aureus). While most are aware that appropriate nutrition plays an important role in the promotion of a strong, powerful, and well-performing body (referring to musculature and athletic performance), good nutrition can do the very same for the mind, promoting a strong, alert mind and better moods. On the other hand, filling your body with too much processed foods and/or inappropriate amounts of certain food groups or specific nutrients can have harmful effects on your body, ultimately affecting your overall wellbeing and chances of reaching your fullest potential.

So, what can you do to optimize your nutrition choices while on campus? What resources are available for students, faculty members, and staff to unleash the power of good nutrition? UTSA offers a wide variety of ways students can optimize their eating habits, and most are just a click away. Check out the following 12 clicks to empower you on your journey to healthy eating!

CLICK ONE: Nutrition Assessment at Campus Recreation:
Get started by gaining an understanding of your individual needs and discussing your nutrition-related goals with Campus Recreation’s Registered Dietitian Nutritionist. Students and members of the Campus Recreation Center can meet one-one-one for a one-hour, highly individualized visit. Sign up online and fill out/return some paperwork to hold your appointment spot. The cost of these appointments is already covered in your student/membership fees (i.e. no out-of-pocket expense to you!)
CLICK HERE: https://campusrec.utsa.edu/fitness-wellness/activities/nutrition

CLICK TWO: Demonstration Kitchen at Campus Recreation:
What better way to learn about healthy eating than to watch/assist in the preparation of a healthy meal! Sign up ahead of time to reserve your spot in Campus Recreation’s kitchen, where recipes are tailored to meet the needs and interests of college students (reasonably priced and easy-to-find ingredients, and some with an “international flair”). The Assistant Director of Fitness and Wellness does the majority of the cooking (with help from participant volunteers) and provides guidance on cooking techniques and equipment while the Registered Dietitian Nutritionist is present to discuss the nutritional aspects of the meal being prepared. At the end, everyone sits down together to eat! If you can’t make one of our scheduled demos, note that the recipes are posted a day or so after we cook them in the kitchen. You must register ahead of time by sending an email to fitness@utsa.edu.
CLICK HERE: https://campusrec.utsa.edu/fitness-wellness/activities/demonstration-kitchen
CLICK THREE: Nutrition Expert Series at Campus Recreation:
Once a semester, Campus Recreation’s Registered Dietitian Nutritionist provides nutrition information in an interactive group format with time for Q&A. Topics vary from semester to semester but are geared towards interests of college students. Past topics have included healthy eating on a budget, healthful vegetarianism, dealing with stress/emotional eating, and weight loss tips that really work. The presentation for fall 2016 is on October 12th and is entitled: Good Nutrition for Busy People. In this interactive session, you'll learn the top 5 down-n-dirty-nitty-gritty essentials to improve your nutrition know-how. You'll walk away with a variety of practical tips that you can start using right away. You'll no longer be fooled by "whole grains" claims on food packages and will learn how to steer clear of healthy-sounding salads that have more fat and calories than a Big Mac. From putting together a quick-n-easy homemade lunch to take to campus, to knowing just what to order (and what NOT to order) from your favorite restaurants, you won't be able to use "I'm too busy" as an excuse for unhealthy eating. You'll be enlightened and empowered at this engaging session. Participants can request copies of presentation materials. The cost of the presentations and associated materials is covered by your student/membership fees (i.e. no out-of-pocket expense to you!)
To reserve your spot, send an email to fitness@utsa.edu.
CLICK HERE: https://campusrec.utsa.edu/fitness-wellness/activities/nutrition

CLICK FOUR: Track Your Intake of Campus Foods with MyFitnessPal App:
When it comes to making positive changes related to nutrition, research supports the idea of tracking/journaling/logging your food intake. UTSA Dining/Aramark has partnered with MyFitnessPal, a popular (and free!) app/website that allows you to count calories and track your dietary intake and exercise. Once you download the app and set up your free account to become a member, simply search “Aramark on Campus” and you’ll find that the nutrition information for all the foods provided by Aramark on the UTSA campus is already there, making it easier and more convenient to keep track of what/how much you’re eating. You can download the MyFitnessPal mobile app on to your smartphone or tablet or use the myfitnesspal.com website on your computer.
CLICK HERE: https://utsa.campusdish.com/EatWellContent/MyFitnessPal.aspx

CLICK FIVE: Ask the Expert at Campus Recreation:
If you have a burning nutrition-related question, Campus Recreation’s Registered Dietitian Nutritionist, Annie Bell is available by email. She’ll respond in a day or two and will provide answers to specific nutrition questions and/or can refer to other campus and/or web resources that can help you out.
CLICK HERE: askannie.rd@gmail.com

CLICKS SIX-TEN: Learn About Foods Available on Campus by UTSA Campus Dining/Aramark
See detailed nutrition information about specific options on campus with three useful tools: 1) UTSA Campus Dining website, utsa.campusdish.com, 2) its corresponding mobile app, CampusDish, and 3) large interactive touch-screen monitors at the entrance to the Roadrunner Cafe. These tools provide a variety of healthy eating/living tips as well as very specific nutrition
information for individual food items.

CLICK HERE: https://utsa.campusdish.com

- **Leaf Icons:** The website, mobile app, and interactive touch-screen monitors allow you to make healthy choices to fit your needs at a glance through the use of different colored “leaf” icons. These colorful icons are visible on-site too, where the item is being served. Several separate sets of leaf icons help you easily identify foods that are lower in fat, lower in calories, lower in sodium, baked not fried, steamed (no butter/margarine), vegetarian, vegan, locally grown, organic, contain a full serving of vegetables, made with whole grains, no added sugar, and a good source of calcium. Depending on your nutrition goals, these colorful icons make it quick and easy to find the foods to meet your individual needs.

CLICK HERE: https://utsa.campusdish.com/EatWellContent/NutritionHighlights.aspx

- **Browse Menus/View Nutrition Info Per Meal using Meal Calculator:** Weekly menu offerings for the Roadrunner Café are present on the website and accessible through the mobile app. Once you click on a specific date and meal (breakfast, lunch, or dinner), you can see all the items from which you can choose. If you hover over an item on the website (click on the item if using the app), its detailed nutrition profile pops up. If you click on the small box by the item to ‘select’ it, it gets added to the Nutrition Calculator, where you can see nutrition totals in the right hand column. You can see the nutrition information for individual items you have selected by clicking on “view selected” under “Nutrition Calculator” to the right. CLICK HERE: https://utsa.campusdish.com/Commerce/Catalog/Menus.aspx?LocationId=2935&P eriodId=1500&MenuDate=2016-08-26&UIBuildDateFrom=2016-08-26

- **Use the Campus Dish website to find Links to nutrition information for other restaurants on campus like Papa Johns, Chick-fil-A, Mooyah, Sushic, Panda Express, etc.** CLICK HERE: https://utsa.campusdish.com/EatWellContent/OnCampusResources.aspx

- **Use the website or mobile app to peruse a variety of educational resources designed to support your pursuit of a healthy lifestyle. There’s a whole library of information there, with seasonal informational as well as articles about topics like gluten, the latest on carbs, and sustainable seafood, to name a few.** CLICK HERE: https://utsa.campusdish.com/EatWellContent/WellnessEducation.aspx

CLICK ELEVEN: “More Information” from Registered Dietitian Nutritionist at Campus Recreation

Campus Recreation provides additional nutrition-related information in the form of online articles written by Registered Dietitian Nutritionist. Articles are uploaded roughly once a month and cover topics of interest to college students.

CLICK HERE: https://campusrec.utsa.edu/fitness-wellness/activities/nutrition

CLICK TWELVE: Student Health Services Presentations:

The Health Educators at Student Health Services provide presentations around campus free of charge. They have 8 presentation topics to choose from, 3 of which are nutrition-related (Calories, Portion Sizes and Fast Food, Meal Planning, and How to Read Food Labels and Ingredients). No audience is too large or small - if you have a group of friends, a fraternity, student organization, a classroom or a conference, they can arrange a speaker for you. After
choosing a topic and a presentation date (they prefer 14-day advanced notice), make sure you reserve/schedule a place for your meeting/presentation on campus. Then fill out the online presentation request form to get your presentation scheduled.
CLICK HERE: http://www.utsa.edu/health/edu/presentations.html