

*Student*  
**Nutrition**

GUIDE



CIT



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# Healthy Lifestyle

## Introduction

### *What is a Healthy Lifestyle*

It seems everywhere we look these days there is some sort of promotion or advertisement about good health and lifestyle. Well you may ask yourself what exactly does the phrase refer to? Basically it involves having the right mindset, good healthy balanced diet and regular exercise.. We don't have to join the gym or become vegetarians, but achieving a healthy lifestyle is simple and it's entirely our own responsibility. Our bodies are like complex machines, without the right care they breakdown, without the right knowledge they can't be used to there full potential.

### *Why is it important?*

#### **Overall Health**

The nutrients in the foods you eat support the activities of day-to-day living. Protein rebuilds injured tissue and promotes a healthy immune system. Both carbohydrates and fats fuel your body, while vitamins and minerals function throughout your body in support of your body's processes. Vitamins A, C and E, for example, act as antioxidants to protect your cells against toxins, and B vitamins help you extract energy from the foods you eat. Calcium and phosphorus keep your bones strong, while sodium and potassium help to transmit nerve signals.

#### **Weight Control**

In addition to the quality of the foods you consume, the quantity matters when considering good eating habits. Taking in the same number of calories as you burn ensures your weight remains steady over time. Consuming more than you burn, on the other hand, results in weight gain as your body converts extra calories to fat tissue. When you accumulate fat tissue, you increase your risk of developing one or more health problems, including heart disease, hypertension, respiratory issues, diabetes and cancer. A healthy meal plan without excess calories helps you not only feel better but can prolong your life.

#### **Disease Prevention**

Obesity is not the only nutrition-related cause of disease onset and progression. Too much or too little of certain nutrients can also contribute to health issues. For instance, a lack of calcium in your diet can predispose you to developing osteoporosis, or weakening of your bones, while too much saturated fat can cause cardiovascular disease, and too few fruits and vegetables in your nutrition plan is associated with an increased incidence of cancer. Consuming foods from a wide variety of sources helps ensure your body has the nutrients it needs to avoid these health problems.

### *Is it affordable?*

A healthy lifestyle is very affordable if done right. As a student you are living on a budget and it is very easy to spot bargains on junk foods in the shops and give into temptations. Well in fact it is cheaper to live a healthy lifestyle. There are ways to live healthily without spending a lot of money.

#### **Buy in bulk**

Buy all your fresh produce in bulk. Fruit and veg etc, and freeze them. They hold for months unlike the other foods with a sell by date.

#### **Get Friends to chip in**

Encourage others you are living with to live healthily and get them to split the costs with you.

#### **Buy locally**

Usually fruit and veg from local shops or markets tend to be cheaper and also fresher!

**Stay Healthy!**





# Healthy Lifestyle

## Meal Plan

### *Meals per day*

The best way to keep your energy levels up and your metabolism revving is to eat **5 times a day**, every 3-4 hours. Instead of starving until lunch or dinner rolls around and then binging on unhealthy options, eat 3 balanced meals and 2 small snacks in between to hold you over until the next meal. Snacks should have a little bit of fiber and a little bit of protein to keep you fuller longer. Great options include a half ounce of raw nuts and a piece of fruit, sliced veggies dipped in a mix of plain low-fat yogurt and dill, or a tsp of natural peanut butter on some whole grain crackers. Always have healthy snack prepared so you aren't tempted to reach for the chips or donuts.

### *Calorie Intake*

Recommended daily calorie intake **varies from person to person**, but there are guidelines for calorie requirements you can use as a starting point. UK Department of Health Estimated Average Requirements (EAR) are a daily calorie intake of **1940 calories per day for women and 2550 for men**. How many calories are needed each day can vary greatly depending on lifestyle and other factors.

**Factors that affect your personal daily calorie needs include your age, height and weight, your basic level of daily activity, and your body composition.**

### *Reducing Calories Tips*

#### Tip 1 - Drink water

It should be obvious, but drinking water is the best thing you can do for your diet and to limit your calorie intake. Water makes sure that every body function is running smoothly and all of your calories are metabolized properly. This liquid also has the added property of filling you up when you drink it. A cup before a meal can help you to feel more satiated with what you are eating and consume less.

#### Tip #2- Eat veggies first

Vegetables are full of vitamins and nutrients and are often low in calories. Eating them first helps you to fill up on high quality, nutrient dense foods while ensuring that you still get adequate vitamins during your diet. Just make sure that your vegetables are either fresh or cooked with only a small amount of olive oil. Fried vegetables, like most fried food, can be unhealthy for your body.

#### Tip #3- Ditch the drinks

It may be tough to give up as a student but drinking alcohol, sugary lattes, or sodas can add up the calories quickly without giving you any added benefit. Switch to drinking coffee without cream or green tea. Green tea also has the added benefit of being full of polyphenols and antioxidants. The caffeine in both coffee and green tea can also help to speed up your metabolism, one of the reasons behind its inclusion in many diet pills.





# Healthy Lifestyle

## Recipes: *Budget Meal*

### Summer Veggie Pizza (180 Cals.)

#### Ingredients

8 ounces store-bought pizza dough  
Cooking spray/Oil  
2 tablespoons olive oil, divided  
2 garlic cloves, crushed  
1 cup sliced onion  
1 red bell pepper, cut into thin strips  
8 ounces asparagus, trimmed and cut into 1-inch pieces  
2 ears corn  
1 tablespoon cornmeal  
3/4 cup (3 ounces) shredded part-skim mozzarella cheese  
1/2 teaspoon salt  
1/2 teaspoon crushed red pepper  
1/3 cup small fresh basil leaves

#### Preparation

1. Preheat oven to 500°.
2. Place dough in a bowl coated with cooking spray; cover and let stand for 30 minutes. Heat a small skillet over medium heat. Add 4 teaspoons olive oil and garlic to pan; cook 2 minutes or until fragrant (do not brown). Remove garlic from oil, and discard garlic. Remove garlic oil from pan; set aside. Increase heat to medium-high. Add remaining 2 teaspoons oil to pan; swirl to coat. Add onion and bell pepper; sauté 5 minutes. Place onion mixture in a bowl, and add asparagus. Cut corn from cob; add corn to vegetable mixture.
3. Scatter cornmeal over a lightly floured surface; roll dough into a 13-inch circle on prepared surface. Transfer dough to a baking sheet; brush with garlic oil. Top with vegetable mixture, leaving a 1/2-inch border; sprinkle cheese, salt, and pepper over top. Bake at 500° for 15 minutes or until golden. Top with basil. Cut into 8 slices.

#### Cost

Serves up to 4 people, each person would get 2 slices.  
If the cost was split between 4 it would cost €1.80 which is very reasonable and helpful especially for students.



# Healthy Lifestyle

## Recipes: *Healthy Treat*

### Mocha-Dark Chocolate Chunk Brownies (113 Cals.)

#### Ingredients

Cooking spray  
1 cup sugar  
1/2 cup unsweetened cocoa  
3 tablespoons butter, melted  
1 1/2 tablespoons instant coffee granules  
2 tablespoons water  
1 teaspoon vanilla extract  
1/2 teaspoon baking powder  
1 large egg, lightly beaten  
1 large egg white, lightly beaten  
2/3 cup all-purpose flour  
1/2 (3-ounce) bar dark chocolate, chopped

#### Preparation

Preheat oven to 350°.  
Coat bottom of an 8-inch square baking pan with cooking spray.  
Combine sugar and next 8 ingredients in a bowl.  
Lightly spoon flour into dry measuring cups; level with a knife. Add flour and dark chocolate to cocoa mixture, stirring just until blended. Spread batter in prepared pan. Bake at 350° for 30 minutes.  
Cool on a wire rack.

#### Serves

Serves up to 16 people, each person would get 1 slice.  
Very helpful to throw in your lunchbox for college to have on a break.





# Weight Loss

## Introduction

### *What is Weight Loss*

Weight loss, in the context of medicine, health, or physical fitness, is a reduction of the total body mass, due to a mean loss of fluid, body fat or adipose tissue and/or lean mass, namely bone mineral deposits, muscle, tendon, and other connective tissue. It can occur unintentionally due to an underlying disease or can arise from a conscious effort to improve an actual or perceived overweight or obese state.

### *Why is it important?*

Maintenance of a healthy body weight is important for maintaining both physical and emotional well-being and preventing disease. Excess weight and obesity have been associated with an increased risk for numerous medical conditions, including heart disease, high blood pressure, stroke, diabetes, osteoarthritis, some types of cancers, sleep apnea, elevated blood cholesterol levels.

It should be noted that reduction in weight for those who are overweight can make a major impact on the conditions listed above. Many overweight people also report improved mood, increased in self-esteem and motivation, and feeling healthier in general after they have lost weight.

### *Dieting Don't's*

#### **Starvation, Fasting, or Very Low-Calorie Diets**

Severely slashing calories leads to weight loss, but the lost weight includes precious muscle mass and poses health risks -- and most people end up regaining the weight plus extra pounds. Don't cut calories below 1,200 per day. Otherwise, you will struggle to meet nutrient needs, fuel your activity, and satisfy your hunger. Keep in mind that when you lose weight quickly, you tend to pack it back on with more fat and less muscle, which lowers your metabolism and calorie needs even more.

#### **Dubious Supplements and Over-the-Counter Diet Pills That Make Grand Promises**

If it sounds too good to be true, it probably is. Diet pills, potions, and concoctions purchased over the counter or ordered on line are unlikely to be effective and are not necessarily safe or capable of delivering on the oft exaggerated promises. The fact a product claims it's natural doesn't mean it's safe or good for you. Some doctors even dispense risky therapies that are not approved for weight loss from their office. Forget supplements and diet pills. Instead rely on healthy foods to help you lose weight.







# Weight Loss

## Recipes:

### *Budget Meal*

## Tomato Soup with Roasted Chic Peas (195 Cals.)

### Ingredients

1 red bell pepper, halved lengthwise  
3 tablespoons olive oil, divided  
8 garlic cloves, divided  
1/4 cup heavy whipping cream  
1 (28-ounce) can no-salt-added whole peeled tomatoes, crushed  
1/2 teaspoon smoked paprika  
3/8 teaspoon salt, divided  
1/4 teaspoon ground red pepper  
2 ounces country ham, finely chopped  
1 (15.5-ounce) can organic chickpeas, rinsed and drained  
1/4 teaspoon ground cumin  
1/4 cup fresh flat-leaf parsley  
2 tablespoons sliced almonds, toasted and chopped

### Preparation

1. Preheat broiler.
2. Discard seeds and membranes from bell pepper; place, skin sides up, on a foil-lined baking sheet. Broil 8 minutes or until blackened. Seal in a bag; let stand 10 minutes. Peel.
3. Reduce oven to 450°.
4. Heat 1 tablespoon oil in a saucepan over medium heat. Add 3 garlic cloves; cook 1 minute. Add cream and tomatoes; bring to a simmer. Add paprika, 1/4 teaspoon salt, and ground pepper; simmer 20 minutes, stirring occasionally. Cool for 10 minutes. Combine tomato mixture and bell pepper in a blender; puree.
5. Combine 5 garlic cloves, ham, and chickpeas in a roasting pan; drizzle with 2 tablespoons oil, cumin, and 1/8 teaspoon salt. Toss. Roast at 450° for 12 minutes, stirring once. Ladle 3/4 cup soup into each of 4 bowls; top evenly with chickpea mixture, parsley, and almonds

### Serves

Serves up to 4 people. It works out at 2 euro per serving which is a reasonable price for a good and wholesome bowl of soup!



# Weight Loss

## Recipes: *Healthy Treat*

### Chilli-Spiced Almonds

#### Ingredients

1 tablespoon water  
1 large egg white  
1 pound raw, unblanched almonds  
1/2 cup sugar  
1 tablespoon salt  
1 teaspoon Spanish smoked paprika  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1/2 teaspoon chili powder  
Cooking spray

#### Preparation

1. Preheat oven to 300°.
2. Combine 1 tablespoon water and egg white in a large bowl; stir with a whisk until foamy. Add almonds; toss well to coat. Place almonds in a colander, and drain 5 minutes.
3. Combine almonds, sugar, and next 5 ingredients (through chili powder) in a large bowl; toss to coat. Spread almond mixture in a single layer on a jelly-roll pan coated with cooking spray. Bake at 300° for 15 minutes. Stir almond mixture; reduce oven temperature to 275°. Bake an additional 40 minutes, stirring every 10 minutes. Remove from oven; cool 5 minutes. Break apart any clusters. Cool completely.

#### Serves

Serves up to 4 people. It works out at 2 euro per serving which is a reasonable price for a good and wholesome bowl of soup!





# For Athletes

## Introduction

### *Tips for athletes on eating*

#### 1. Load Up on Carbohydrates

Carbohydrates are an athlete's main fuel. They are converted to glucose, a form of sugar, which is stored in muscles as glycogen. When you exercise, your body converts glycogen into energy. If you exercise for under 90 minutes, the stores of glycogen in your muscles are enough to fuel even high-intensity activity.

"For longer activities, carbohydrate loading for three or four days before an event can help top up your glycogen stores," says Joy Dubost, RD, a spokesperson for the Academy of Nutrition and Dietetics.

To achieve maximum carbohydrate storage, experts recommend eating a diet that gets about 70% of its calories from carbohydrates, including breads, cereals, pasta, fruit, and vegetables.

On the day of a big event, you should eat your last meal three to four hours before exercising, to give your stomach time to empty. Avoid eating sugary or starchy foods within 30 minutes of starting an activity. The process of metabolizing carbohydrates uses water, which can hasten dehydration.

#### 2. Consume Enough but Not Too Much Protein

Protein does not provide a lot of fuel for energy, but it is important for maintaining muscle tissue.

The average person needs about 1.2 to 1.4 grams of protein per kilogram of body weight a day. That's about 88 grams of protein for a 150-pound person.

A strength athlete may need up to 1.7 grams per kilogram of body weight. That's about 150 grams of protein for a 200-pound athlete.

#### 3. Go Easy on Fat

For long events, such as marathons, the body turns to fat for energy when carbohydrate sources run low. But most athletes get all the fat they need by following basic dietary guidelines: Eat mostly unsaturated fat from foods such as nuts, avocados, olives, vegetable oils, and fatty fish such as salmon and tuna. Experts recommend avoiding fatty foods on the day of an event, since they can cause stomach distress for some people.

#### 4. Replenish Lost Electrolytes

Sweating causes both fluid and electrolyte loss. Electrolytes help transmit nerve signals in your body, and play many other important roles. To replenish lost electrolytes, many athletes reach for sports drinks. If you lose a lot of fluid sweating, experts recommend diluting sports drinks with equal amounts of water to get the best balance of fluid and electrolytes.





# For Athletes

## Balance Diet and Exercise

### 1. Enlist the help of professionals

A nutritionist can design a diet plan that meets your health needs. A personal trainer will keep you motivated and help you exercise all parts of your body.

A nutritionist will consider any pre-existing health conditions, your age and weight when designing a diet plan for you. He can also teach you what foods to avoid and how to limit sugar, fat and cholesterol.

Personal trainers are available at most public gyms and can design a regular exercise program that includes equal amounts of cardiovascular and aerobic exercise. A trainer will also provide encouragement and help you avoid cheating or shortening workouts.

### 2. Follow the USDA guidelines for a balanced diet.

While your specific dietary needs may vary, the USDA Food Pyramid is the best guide for consuming the recommended daily amounts of whole grains, proteins, dairy, fruit and vegetables. Create your diet around these guidelines and try to consume at least the minimum number of daily servings. It's important to reduce calories in small, gradual amounts in several areas of your diet instead of cutting one food group out completely. This gradual change will keep your metabolism active and keep your energy level up for daily exercise.

### 3. Eat several small meals throughout the day.

Eating 5 or 6 small meals through the day instead of a few large ones will keep your metabolism stimulated throughout the day and help you lose weight. A meal high in carbohydrates just before a workout will give you energy when you exercise, while foods high in protein will help rejuvenate you afterward.

### 4. Drink Plenty of Water.

Consume at least 8 glasses of water a day, including at least 1 after a workout. Water keeps you hydrated, boosts metabolism and encourages cell production.

### 5. Eat your recommended daily caloric intake according to the USDA.

This will vary according to your height, weight, and age. High blood sugar or cholesterol will also factor in this number. Keep this caloric limit in mind when planning portions for meals.

### 6. Create a stimulating exercise plan.

Design a plan that you will enjoy and be able to follow. Your exercise regimen should push you to work hard without being dangerous. Alternate different activities like running, swimming and weightlifting to avoid getting bored.

Create an exercise plan and a diet plan that are both gradual, not drastic lifestyle changes. Do a few short workouts during the day instead of 1 long session to ease your body into regular exercise. Your shorter periods of exercise will balance your small meals throughout the day so you are energized without feeling heavy or bloated.

### 7. Work out at a time that is right for you.

Stimulating your body with a workout in the morning will keep your metabolism higher all day. If you're not a morning workout person, try scheduling exercise after work to unwind after your day. Finish daily exercise at least 2 hours before you plan to go to bed to allow your body to relax and prepare to rest.

### 8. Plan a balanced diet and exercise based on your overall goals

Include lots of cardiovascular exercise like running or aerobics if you're trying to lose weight. Balance this exercise regimen with a diet low in carbohydrates and sugar to encourage your body to break down excess fat instead of storing it.

Focus on weight training and resistance exercises if you're at your ideal weight but want to gain muscle and become more fit. Boost your weightlifting workout by eating a diet high in protein and carbohydrates to give your body energy for endurance.





# For Athletes

## Recipes:

### *Budget Meal*

## Turkey burgers with beetroot relish (118 Cals.)

### Ingredients

500g pack turkey mince  
½ tsp dried thyme or 2 tsp fresh  
1 lemon

For the relish

250g cooked peeled beetroot (not in vinegar), finely diced

1 small red onion, finely chopped

2 tbsp chopped parsley

2 tsp olive oil

2 tsp wholegrain mustard

Little Gem lettuce, to serve

wholemeal pitta bread, to serve

### Preparation

Tip turkey into a bowl with the thyme. Finely grate in the zest from the lemon and add a little seasoning. Use your hands to mix the ingredients well, then shape into 4 patties. Chill until ready to cook. Can be frozen for up to 1 month.

Mix the beetroot with the juice from ½ the lemon, onion, parsley, oil and mustard. Grill, griddle or barbecue the burgers for about 6 mins each side and serve with the beetroot relish, lettuce and pitta breads.

### Serves

This meal costs about €7 and serves up to 4 people, each person would get a burger.



# For Athletes

## Recipes:

### *Healthy Treat*

## Watermelon, prawn & avocado salad (179 Cals.)

### Ingredients

1 small red onion, finely chopped  
1 fat garlic clove, crushed  
1 small red chilli, finely chopped  
juice 1 lime  
1 tbsp rice or white wine vinegar  
1 tsp caster sugar  
watermelon wedge, deseeded and diced  
1 avocado, diced  
small bunch coriander leaves, chopped  
200g cooked tiger prawns, defrosted if frozen

### Preparation

Put the onion in a medium bowl with the garlic, chilli, lime juice, vinegar, sugar and some seasoning. Leave to marinate for 10 mins.

Add the watermelon, avocado, coriander and prawns, then toss gently to serve.

### Serves

This meal costs about €13 and serves up to 4 people. This refreshing treat is well worth the money!

