

Diet and Nutrition

For those of you who were told they were **obese, dislipidemic, had high blood pressure, or liver dysfunction** after your annual physical check-up, there's still a chance to change your eating habits! Food is essential to live, but despite knowing this, not many people know exactly how much of what to eat in a day to keep a healthy and balanced diet.

In this edition, we will introduce a healthy, balanced lifestyle to help students make the best of their studies here at APU!

■ Balance your nutrient intake!

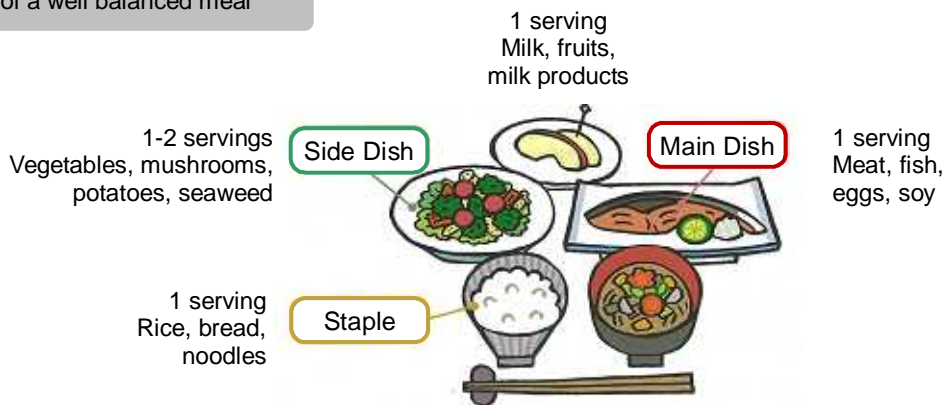


- Sugars** are the energy source that gets your body moving.
- Fats** are an energy source that is stored as body fat when in excess.
- Proteins** are the main ingredient in creating blood, muscle, and more.
- Vitamins** keep your body in tune.
- Minerals** that are most important to intake are calcium, sodium, potassium, phosphorous, magnesium, and chlorine. They are influential on the regulation of blood, teeth, bones, and more.

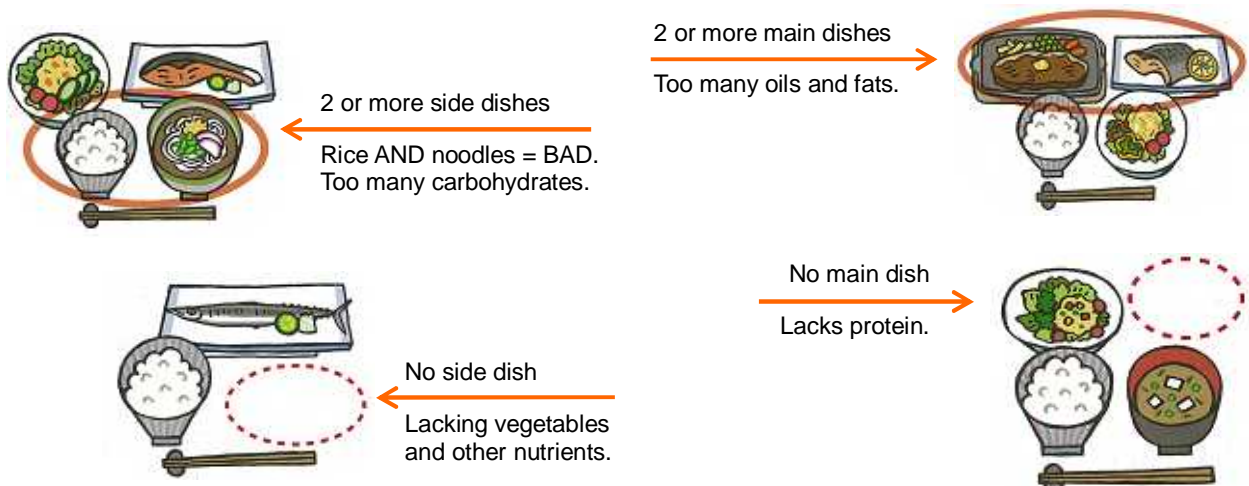
■ Are your meals well balanced?

Meals are fundamentally broken down to breakfast, lunch, and dinner, with a staple food, side dish, and a main dish at each meal. With a balanced meal, energy and nutrients required by the body can become more effective!

Example of a well balanced meal



Examples of poorly balanced meals



■ Get your day's worth of energy from breakfast!

Your body wakes in the morning out of energy. The brain in particular does not work well without food. Waking up a little earlier than usual to eat breakfast will make it easier for you to concentrate in class. Make sure to eat something for breakfast every day!

■ Learn to like your vegetables!

Vegetables are a goldmine of nutrients that keep your body functions in control. The goal is to have over 350g, or 5 servings of vegetables in a day, so try to eat your fair share of vegetables or vegetarian dishes. Keeping a stock of frozen vegetables handy to use in a stir-fry or boiling them might seem like it's not enough, but you can eat 3 to 5 times more than eating the vegetables raw!

■ Some ways to cut fat from your diet!

It is not healthy to eat too much fat. We all know that, but what can we do? Have you noticed that you have gained weight since entering university, and are now living a study-centered lifestyle?

- Pick low-volume lunches or other prepared foods!
- Resist processed foods like bacon and sausage!
- Choose dressings and mayonnaise that are low-calorie!
- Pick low-calorie cakes or cookies, and eat only one!
- Try boiling or grilling foods, instead of frying!
- Use less oil when cooking with a frying pan!

■ Be careful of sweet temptations!

When your body lacks energy, your brain works slower, you get easily frustrated, and begin to feel bad in general. Snacking despite having leftover energy is related to obesity. For those who love sweets, there is no need to completely cut them from your diet. Resisting too much causes stress, so please enjoy snacking responsibly!

- Don't snack after 4PM!**
- Keeps snacking to 200kcal a day!**

Make sure to control the amount you snack on.



■ For those who have late dinners (after 9PM)

Have you ever felt very hungry and eaten a lot because of it after finishing a late class or part time work? If you eat right before going to bed, not only will your stomach keep working while you sleep, but it is also easier for this food to become fat deposits. If you have to have a late dinner, make sure to eat less than usual, despite your hunger.

If you have any questions or concerns, please feel free to come and visit the Health Clinic at any time!