

**Nourishing Ourselves to Reduce Stress and Restore Balance:  
Resources Available on Campus**

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**The simple truth about food:** “Diet” means “a manner of living. Plain-and-simple. It’s not food restriction, there’s no potent pill, nor magic wand. It’s also not complicated.

- **Food choices made easy:** Approach nutritional health and wellbeing with the goal of *balance, variety, moderation, and exercise*.
  - **Eating on campus:** There are lots of wonderful opportunities, from more formal (not *really* formal) dining at the Orange Grove Bistro, to The Arbor Grill, Geronimo’s, the Campus Food Court, the Marketplace, the Pub, the Freudian Sip, and a potpourri of fast food places. We even have a delivery service called Campus Cuisine to Go! The trick is in knowing how to *choose* the healthy options (e.g. French fries versus baked potato). [Go to http://www.csun.edu/tuc/campusdining.html for a list of dining choices, and click on this http://www.csun.edu/tuc/healthy-eating.pdf to learn about better choices at each place. Remember: \*Balance, variety, moderation\*](http://www.csun.edu/tuc/campusdining.html)
  - **How to bring fresh produce from campus to your homes: Did you know you could pick up weekly boxes of delectable surprises by participating in our Community Supported Agriculture (CSA) program:**  
[http://www.underwoodfamilyfarms.com/Current\\_CSA\\_Locations.html](http://www.underwoodfamilyfarms.com/Current_CSA_Locations.html). (Once ordered, the CSA boxes are delivered to the Matador Bookstore every Tuesday at 3:00.)
  - **Plan ahead** – pack a lunch, bring healthy snacks from home! Easier to make healthy, *much* less expensive. Did you hear...*Balance, variety, moderation?*
2. **Where to go for Health Assessment: the Marilyn Magaram Center (MMC) has so much:**  
<http://www.csun.edu/hhd/fcs/magaram/healthassess.html>. You can get package deals, too!
- Dietary Analysis or Recipe Analysis
  - Body Fat Testing
3. **Choices for dietary guidance: at our SHC (<http://www.csun.edu/~shcenter/>): Peer Nutrition Counseling (no charge) and Registered Dietitian (\$25):**
4. **Other services for faculty and staff offered at the Student Health Center**
- A variety of low-cost services are available by appointment to current CSUN faculty and staff. For more information or to schedule an appointment, please call (818) 677-3666 or 3692 (tty).
    - i. Acupuncture and Asian Medicine: Traditional Asian Medicine practiced by a Licensed Acupuncturist. The charge for a 30-minute visit is \$20. 60-minute visits are \$40.
    - ii. Chiropractic Care: Services focus on the diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system and their effects on the nervous system and general health. Initial consultation - \$20. Follow-up appointments - \$10.

iii. Others: Basic dental, flu shots, pharmacy, travel/immunization clinic

5. **Check this for easy, individualized food information:**

<http://www.choosemyplate.gov/myplate/index.aspx>.

6. **Places to get rejuvenating massages.** Once again, the Student Health Center: 50-minutes; licensed massage therapist, only \$49.

7. **Get the best workouts – without leaving campus.** Built for students with student fees, our Student Recreation Center (SRC) is available to all administrators, faculty and staff. Membership fees apply to us (\$163 per semester). Go to <http://src.csun.edu> for general information. It's worth the membership, as you have top trainers and state-of-the-art equipment.

**Sample recipe that is easy to make:**



**Fruit and Yogurt Smoothie Recipe**

1 quart (4 cups) container low or non-fat strawberry (or any berry) flavored yogurt

10 oz frozen berries (strawberry if using strawberry yogurt; blueberries if using blueberry yogurt). Keep frozen till you add them to the blender.

10 baby carrots

1/4 c apple juice

These would be put into blender till smooth.

Make 3 full recipes, bring 2-oz paper cups and just put a little bit into each cup. Should serve close to 75 or 100.

**Healthier choices:**

**Listed below are some ways to eat lower calorie, more nutritious fast food meals:**

***McDonald's***

Order a hamburger rather than a cheeseburger (the cheese adds saturated fat and more sodium) or Chicken McGrill (no mayo) and add fruit or whole grain crackers from home. Try honey mustard or barbecue sauces instead of mayo. Ask for sauces and dressings on the side so you can add as much as you like. Choose sandwiches that come with lettuce and tomato. Rotate sandwiches with salads or fruit 'n yogurt parfait.

***Burger King***

Have a Chicken Whopper patty (with barbeque or honey dipping sauce) or BK Veggie patty. Be sure to have tomato and lettuce on these sandwiches.

***Taco Bell***

Order a chicken soft taco and pintos (no cheese). Use hot sauces for flavor, but not fat. The pinto beans add half your daily fiber needs. Try a Fiesta Chicken burrito. Add side dishes from home either meal, instead of fried dishes.

***Subway***

Choose the subs with less than 6 grams of fat and opt for baked chips instead of fried. Choose a sub with mustard instead of oil, and opt for veggies instead of cheese.

***KFC***

Roast Chicken breast along with baked beans is a meal that's less than 500 calories. The baked beans are high in fiber and low in fat.

***Pizza Hut***

Have two slices of Thin 'n Crispy Veggie Lovers pizza for a lower fat and calorie choice. Choose of fresh veggies on the salad bar, but use small amounts of low fat dressing.