

“Halloween is coming” continued . . .

discretionary sources. For a person on an 1800 calorie a day diet, that would be 195 calories. Use caution! It’s really easy to consume more than 100 or 200 calories. A Halloween favorite, Candy Corn, has a whopping 365 calories in just ½ a cup! Other examples:

Twizzlers	140 calories (4 pieces)
Rice Krispy Bar	160 calories (1.3 oz bar)
Snickers(mini)	170 calories (4 pieces)
Jolly Ranchers	140 calories (6 pieces)
M&M Peanut	220 calories (1/4 cup)
Sour Patch Kids	140 calories (16 pieces)
Reese’s Mini Peanut Butter Cups	210 calories (5 pieces)

See [www.MyPyramid.gov](http://www.MyPyramid.gov) for more information on discretionary calories—you can even calculate your calorie needs online!

## Vegetarian focus group

Join me, the dietitian, for a FREE lunch in the Food Zoo at noon on Tuesday, Oct 11th. UDS would like your feedback about the vegetarian and vegan food options on campus. Call 243-2315 by Oct. 10th to R.S.V.P.

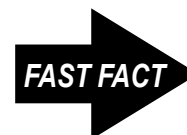
## Free nutrition counseling

Did you know that if you have the All Campus or Lommasson Plus Meal Plan, you can receive free nutrition counseling from a registered dietitian? Call 243-6325 to make an appointment to discuss nutrition-related questions or concerns. If you’re a student without a meal plan, this service will cost \$20 for the first appointment. Nutrition therapy costs \$80-\$110 in Missoula, so take advantage of this free or inexpensive service while you can!

## The basics of *trans* fats

Although a small amount of *trans* fats are found naturally in some foods, *trans* fats come primarily from food products made with hydrogenated or partially hydrogenated oils. Hydrogenated oils help increase the shelf life (and sometimes enhance the flavor) of foods, but they also have negative effects on our health, such as:

- Increasing levels of LDL cholesterol
- Decreasing levels of HDL cholesterol
- Raising the risk of heart disease



LDL is unhealthy cholesterol  
HDL is healthy or “good” cholesterol

How much *trans* fat should you eat? There isn’t an exact amount, but intake should be strictly limited—and ideally eliminated totally. The best thing you can do is to be aware of foods containing *trans* fats. Here are some examples:

- **Fried foods** – Foods fried at University Dining Services (UDS) are cooked in oils that are *trans* fat-free, but most restaurants and fast food chains fry their food in *trans* fat-containing oils. Fried food examples include French fries, chicken strips, and onion rings.
- **Snack foods** – These include crackers, chips, and movie popcorn.
- **Sweets and baked goods** – UDS, like many bakeries, uses *trans* fat-containing shortenings to make their cakes, cookies, pies, banana bread and brownies.
- **Margarine** – Hard margarine often contains *trans* fats, but there are more and more brands producing soft margarines that are *trans* fat-free.

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“The basics of trans fats” continued . . .

## Spotting *trans* fats will be easier soon, but don’t be fooled!

Starting in January 2006, the FDA will require that all food packages disclose the *trans* fat content on the nutrition facts label. Even then it will be a good idea to read the ingredient lists for partially hydrogenated or hydrogenated oils (*trans* fats). Why? Because products containing less than .5g *trans* fats/serving can claim to be *trans* fat-free.

### **N**utrition trivia

Dining Services recently asked students on campus a question about the basics of healthy eating. Here’s what they had to say!

**Q: Have you heard of heart-healthy, or mono fats?**

**A:** “No, but I know saturated fat is bad—like fried foods.” - Merica Moench

True! Saturated fats and *trans* fats (found in fried foods, many baked goods, fatty meat, and dairy products) can damage the cardiovascular system and should be eaten in small amounts.

**Q: Can you give an example of a food source containing monounsaturated fat?**

**A:** “No, but I know mono is one and poly is many...”  
(right) Elizabeth Coughlin & Kelsey Poore



**A:** “Yes...avocado?”  
(left) Sophie Haugsjah

Avocado is correct! Other main food sources are nuts and vegetable oils (see “Nutrient of the Month” on the next page for more information on mono fats).

## **N**utrient of the month: Monounsaturated Fat

### Alias

Mono fat, the healthy fat



### Why you need it

Studies have shown that mono fats help reduce LDL cholesterol and increase HDL cholesterol. Additionally, fat is essential for energy, absorption of vitamins, and nervous system functioning—so getting that needed fat from a heart-healthy source is a bonus!

### How to get it

Vegetable oils (olive, canola, sesame, peanut, walnut), nuts, olives, and avocados

### A special note

Like other types of fat, monounsaturated fats contain 9 calories/gram. Use moderation when eating them and try to stick to a serving size (equivalent to 5g of fat, or 45 calories):

avocado – 2 Tbsp  
oil – 1 tsp  
olives – 8 large (black); or 10 large (green)  
nuts – 1 oz (small handful)  
peanut butter – 1 Tbsp

## **H**alloween . . . candy caution!

Halloween is a perfect opportunity to practice using your discretionary calories wisely.

What are discretionary calories? The USDA’s newly modified food guide (MyPyramid) says that if you meet your daily nutritional requirements and have some of your allotted daily calories to spare, you can use your discretion to select a treat of your choice.

How many discretionary calories are you allowed? Depending on your age, activity level, and gender, between 130-515 of your daily calories can be from

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