

University Dining Services is pleased to offer a FREE class on Healthy Eating...

EATING SMART 101



Wednesday
Sept. 15
6:00 - 7:00 p.m.
UC Room 207

For more information
call 243-6325

Are You A Vegetarian or Vegan?

Do you have comments or concerns regarding vegetarian/vegan options available on campus? Then join us for a **FREE DINNER** and discussion!

Please join a Vegetarian Focus Group

Wednesday, September 22, 2004
~ 6 pm outside the north entrance of
The Food Zoo.

For more information
call 243-6325

The Discovery Continues...

Dining Services Hours

THE FOOD ZOO

Monday - Friday
Lunch 11:00 a.m. - 1:30 p.m.
Afternoon Menu 1:30 p.m. - 5:00 p.m.
Dinner 5:00 p.m. - 7:30 p.m.
Weekends & Holidays
Brunch 10:30 a.m. - 1:30 p.m.
Afternoon Menu 1:30 p.m. - 5:00 p.m.
Dinner 5:00 p.m. - 7:30 p.m.

CASCADE COUNTRY STORE

Monday - Friday
7:30 a.m. - 8:30 p.m.

LA PEAK

Monday - Friday 7:30 a.m. - 4:00 p.m.

UC FOOD COURT

Monday - Friday 7:30 a.m. - 7:00 p.m.
Saturday/Sunday 11:00 a.m. - 3:00 p.m.
Game day - Saturday
11:00 a.m. - 5:00 p.m.

BISIP

Monday - Thursday 7:30 a.m. - 9:00 p.m.
Friday 7:30 a.m. - 7:00 p.m.
Saturday 11:00 a.m. - 6:00 p.m.
Sunday 2:00 p.m. - 6:00 p.m.

BIZ BUZZ

Monday-Thursday 7:30 a.m. - 2:30 p.m.
Friday 7:30 a.m. - 1:15 p.m.

THINK TANK

Monday-Thursday 7:30 a.m. - 3:30 p.m.
Friday 7:30 a.m. - 1:15 p.m.



THE HUNGRY GRIZZLY

News From University Dining Services
The University of Montana

5 A Day the Color Way

September 2004
Marya Bruning, RD, LN

Maybe you've heard about **5 A Day** before—it's the National Cancer Institute's way of reminding us to eat 5 to 9 servings of fruits and vegetables every day. But have you heard about **5 A Day The Color Way**? This updated message encourages us to eat a colorful array of fruits and vegetables. The more colors you eat, the more likely you are to benefit from a healthy variety of vitamins, minerals, fiber, and phytonutrients.

Phytonutrients are naturally occurring plant-based chemicals that promote health. Of the more than 10,000 phytonutrients discovered so far, 2,000 are pigments that make food colorful. So, by eating a rainbow of fruits and vegetables, you're more likely to consume healthful phytonutrients. It may be tempting to look for phytonutrients in pill form, but they're not useful unless eaten in food. Your best bet for good nutrition is **5 A Day The Color Way**.

Red: Tomatoes, red bell peppers, beets, strawberries, cherries, watermelon, cranberries

☐ Phytonutrients: lycopene, anthocyanins

☐ Health benefits: healthy heart, improved memory, urinary tract health, lower risk of some cancers

Orange/Yellow: Carrots, yellow peppers, sweet potatoes, corn, oranges, cantaloupe

☐ Phytonutrients: carotenoids, bioflavonoids

☐ Health benefits: healthy heart, vision health, healthy immune system, lower risk of some cancers

Green: Spinach, leafy greens, cucumbers, broccoli, peas, green apples, honeydew



The Hungry Grizzly is published by University Dining Services

Editor: Elliot Westwater: elliott.westwater@mso.umt.edu

Contributing Editor: Marya Bruning RD, LN: marya.bruning@mso.umt.edu



PLEASE RECYCLE!

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Eight Weeks to Weight Loss

Are you looking for a sensible way to lose weight?
Confused by fad diets?

Not sure whether to carbo load or go low-carb?

Our registered dietitian has teamed up with a psychologist and personal trainer to offer the ultimate weight loss plan.

Join us for 8 Tuesday night group sessions beginning Sept 28th through Nov 30th.



We'll Cover:

- * Smarter Ways to Eat & Exercise
- * Emotional Eating
- * Setting Goals
- * Changing Habits

To learn more about this safe and effective way to lose weight and improve your health, or to register, call 243-2833.

...Continued from page 1 - Avoiding the "5 A Day the Color Way"

melon

- Phytonutrients: lutein, indoles
- Health benefits: vision health, strong bones and teeth, lower risk of some cancers

Blue/Purple: Eggplant, purple cabbage, purple grapes, raisins, plums, blackberries

- Phytonutrients: anthocyanins, phenolics.
- Health benefits: lower cancer risk, improved memory, healthy aging, and urinary tract health.

White: Potatoes, mushrooms, cauliflower, garlic, onions, bananas, pears

- Phytonutrient: allicin
- Health benefits: improved cholesterol levels, lower risk of some cancers

TOP OF THE MONTH

Avoiding the Freshman 15

Marya Brunning RD, LN

Although the average college freshman does not gain fifteen pounds during their first year of school, weight gain can still be a concern. According to one study, male freshmen gain an average of six pounds, and female freshmen gain an average of 4.5 pounds. How can you avoid becoming a statistic? Follow these tips to guide you toward a healthier academic year:

- **Plan ahead.** Plan for frequent meals and snacks to stave off ravenous hunger, which can lead to overeating. Decide what you would like to eat before you set eyes on all of the tempting des-

serts, fried foods, and other extras.

- **Balance your meal.** Include all of the food groups at your meals: fruits, vegetables, whole grains, protein, and dairy.

- **Think your drink.** Don't forget that you can easily drink hundreds of extra, non-filling calories when you sip on smoothies, coffee drinks, juice, soda, and alcoholic drinks.

- **Limit portion sizes.** Especially at the Food Zoo, you can always go back for seconds if you're still hungry. But you are more likely to overeat if you initially pile up your plate with food.

- **Get active.** There are plenty of fun ways to be physically active on campus. Work out at the rec center, join an intramurals sports team, organize a game of tennis or ultimate Frisbee, hike the M, walk along the river, ride your bike on local trails...

5 A Day is Coming Your Way! September is 5 A Day Month!

Celebrate with Dining Services September 27th to October 1st

Contests

Prizes

Brochures

Displays

As you get back into the school year routine, it's the perfect time to get into the habit of eating 5 to 9 servings of fruits and vegetables every day. Sound overwhelming? Let us show you how easy it can be. Get the goods on fruits and veggies at our major locations: Food Zoo, Cascade Country Store, UC Food Court, and your favorite coffee hangouts.

