

UC SAN DIEGO

NUTRITION

TOOL-KIT



What is “Basic Needs” and how is it connected to Nutrition?

Basic needs are the most essential resources required to thrive as a student—access to nutritious food, stable housing, and financial wellness resources. The Hub, UC San Diego’s Basic Needs center, is a new campus space that offers students an opportunity to engage in and link to Basic Needs resources. One key resource is application support for the state funded CalFresh food benefit program, also known as SNAP (Supplemental Nutrition Assistance Program). CalFresh helps students with supplemental grocery money to stay nourished. We have also collaborated with HDH nutrition and wellness dietitians to create this tool-kit, designed to provide quick, easy, and focused information for balanced eating on a student budget. We hope you enjoy these juicy tidbits of knowledge as much as we enjoyed compiling them to share with our campus community!

—Alicia Magallanes, Basic Needs Coordinator

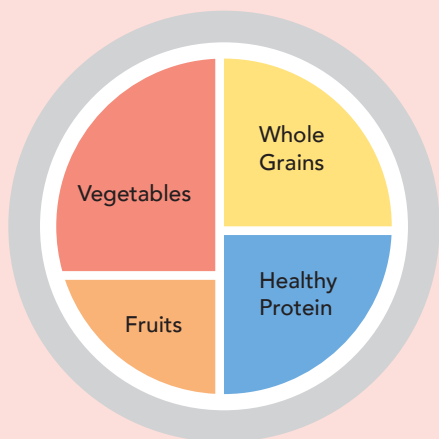
In this tool-kit you will find meal guidance basics and inspiration. Don’t get tripped up by counting or measuring (unless its dollars and you need to keep to a budget). Instead, look at the overall balance of your meal or snack (carb, protein, fat and intermixing fruits and veggies throughout the day). You will take in more nutrients, and your blood sugars will remain stable, allowing you to feel and perform your best! Like anything, tailor your nutrition to what works for YOU and nobody else.

—HDH Registered Dietitian Team

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The **Harvard Healthy Eating Plate** provides a general guideline for how you should fill your plate with all the right food groups.



Use healthy oils (olive oil, canola oil) for cooking, on salad and at the table. Limit butter and avoid trans fat.



The more veggies and greater variety- the better. Potatoes and french fries don't count.



Eat a variety of fruits of all colors.



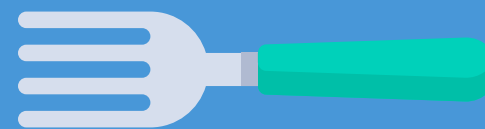
Drink water, tea, or coffee/ Limit dairy and juice. Avoid sugary drinks.



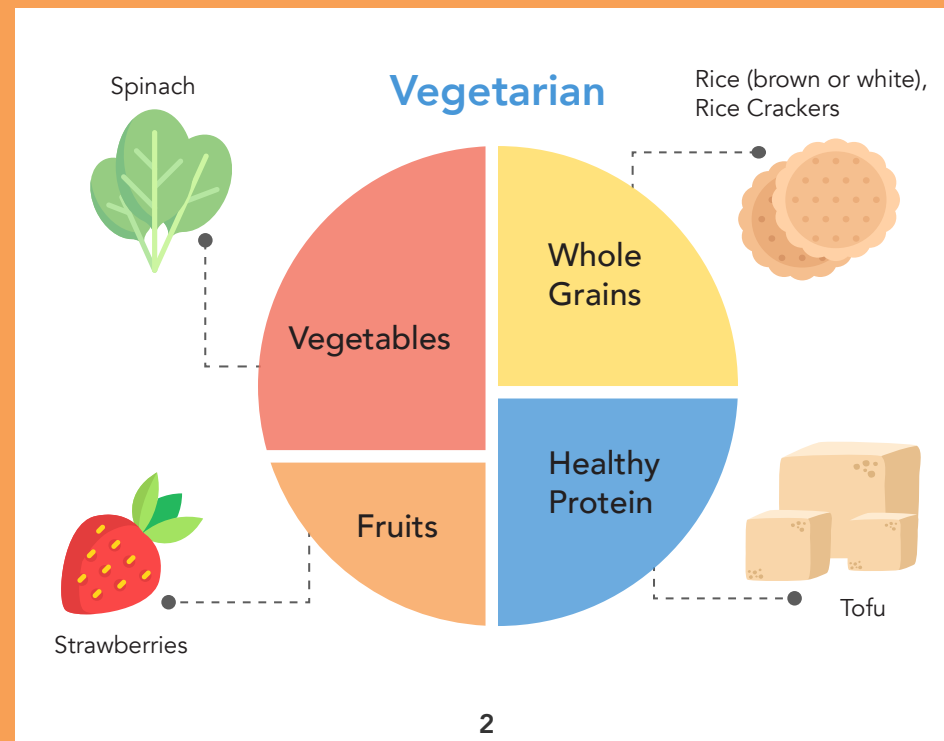
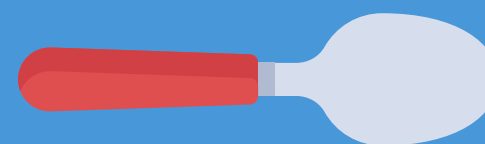
Eat a variety of whole grains. Limit refined grains (white rice and white bread).



Choose fish, poultry, beans and nuts. Limit red meats and cheese. Avoid bacon, cold cuts, and processed meats.



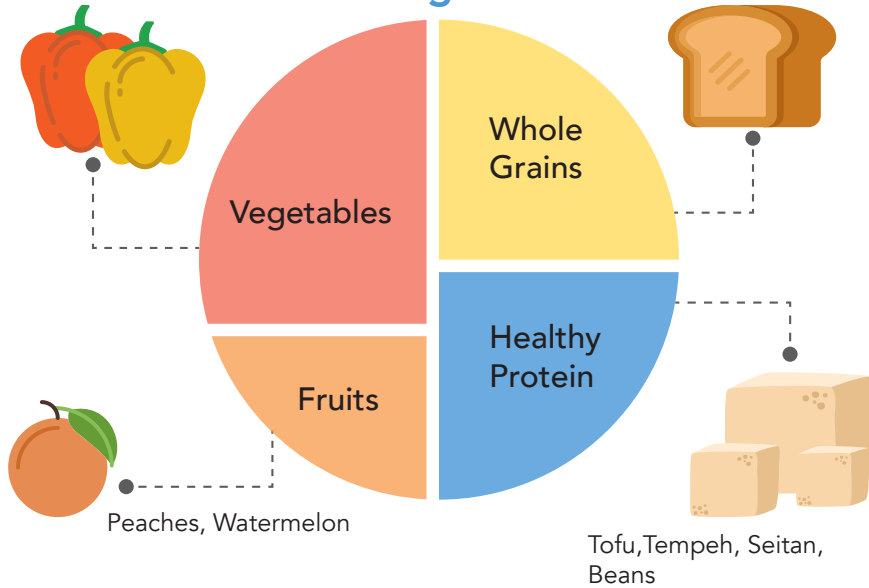
Below are examples of what different plates would look like for a variety of different eaters. Portion your plate like the Harvard Healthy Plate, and you're on your way to a healthy balanced diet.



Bell Peppers,
White Onion

Vegan

Whole Wheat Bread,
Couscous



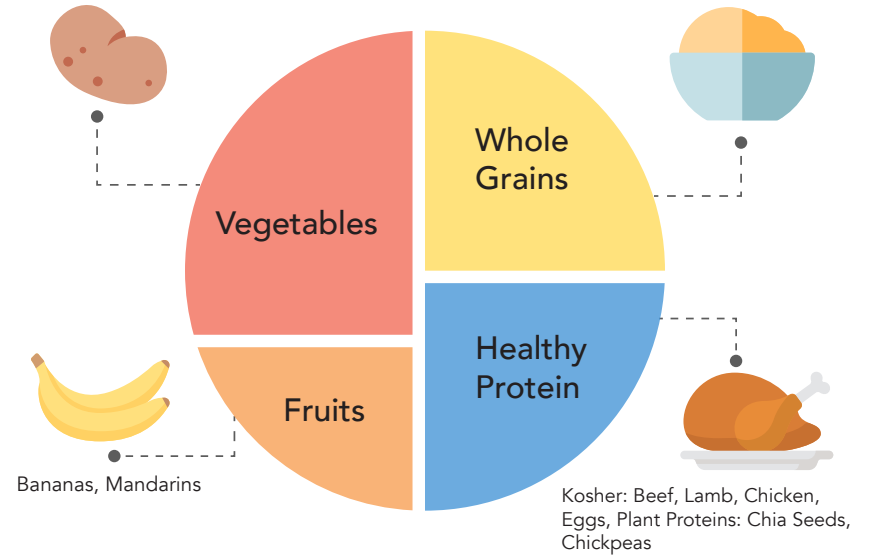
Peaches, Watermelon

Tofu, Tempeh, Seitan,
Beans

Kale, Spinach,
Potatoes

Kosher

Quinoa,
Egg Noodles



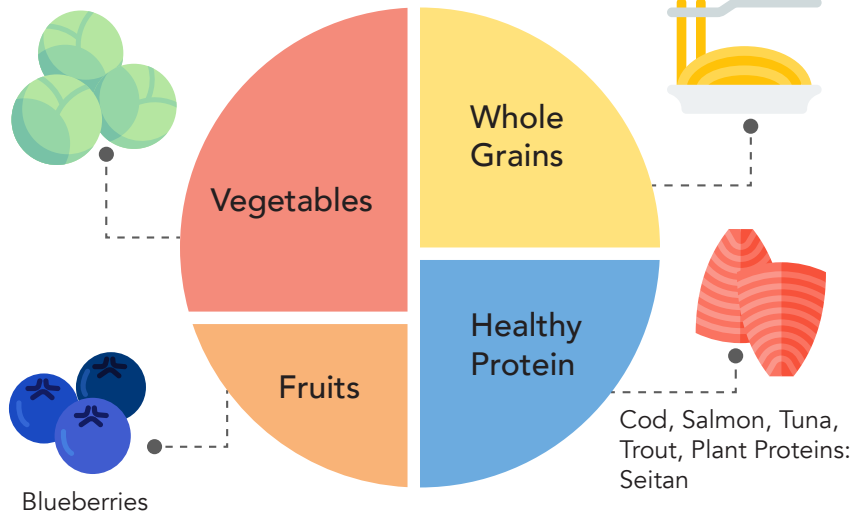
Bananas, Mandarins

Kosher: Beef, Lamb, Chicken,
Eggs, Plant Proteins: Chia Seeds,
Chickpeas

Brussel Sprouts,
Okra

Pescatarian

Whole Grain Pasta



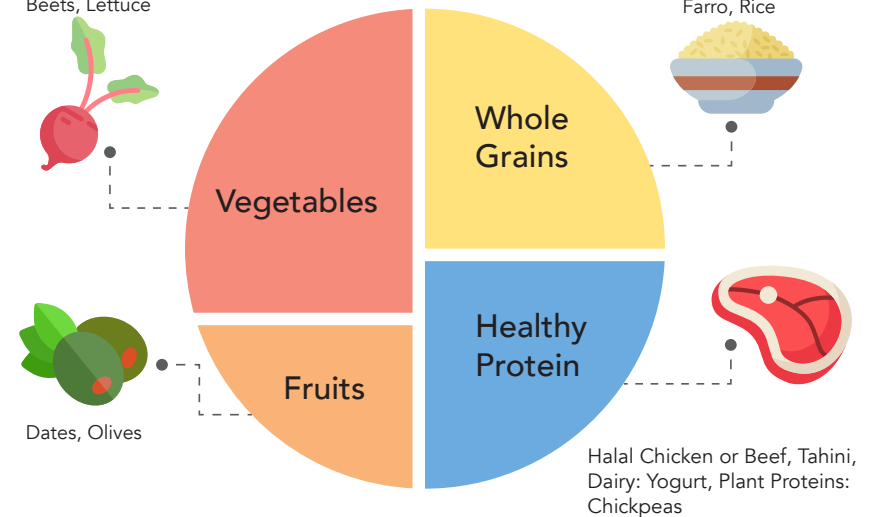
Blueberries

Cod, Salmon, Tuna,
Trout, Plant Proteins:
Seitan

Beets, Lettuce

Halal

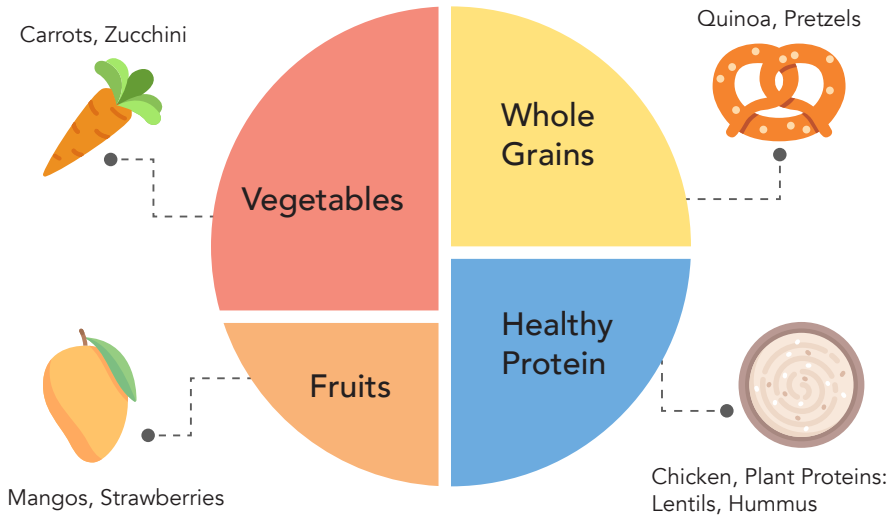
Farro, Rice



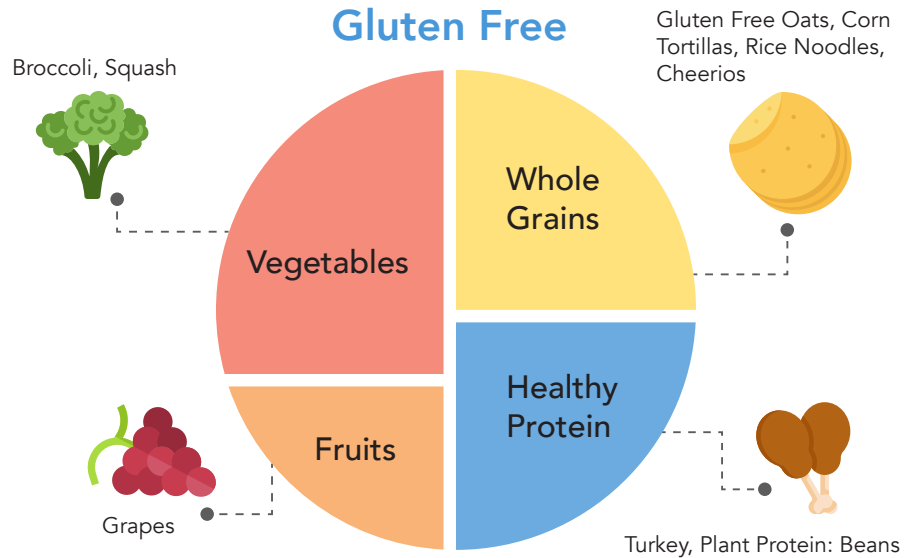
Dates, Olives

Halal Chicken or Beef, Tahini,
Dairy: Yogurt, Plant Proteins:
Chickpeas

Lactose Free



Gluten Free



Anatomy of a Perfect Bowl

The perfect bowl exists, and it can be made with simple ingredients that are cheap and healthy. The importance, much like the Harvard Healthy Plate, are the ratios of each ingredient. The proteins can be interchanged to meet dietary restrictions as needed as well as any other ingredients.



The Basic Formula

1-2 cups raw and/or cooked veggies

1/2 cup of chicken, fish, tofu, or beans

2-3 cups salad greens

2-3 tablespoons dressing

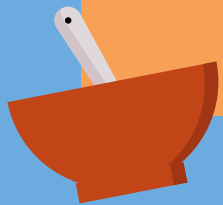
Anytime Extras: herbs, fresh fruit, whole grains, avocado, nuts, or seeds

Some-of-the-Time Extras: pickled veggies, eggs, or cheese

SOUTHWESTERN VEGGIE BOWL

Ingredients

- 1-2 tablespoons of olive oil
- 1 sweet potato
- 1 cup red onion
- 1 carrots
- 1 cup zucchini
- 1 ¼ teaspoon chili powder
- 1 teaspoon cumin
- ½ teaspoon paprika
- Salt and pepper to taste
- 1 cup brown rice
- ½ avocado
- ½ black beans



Instructions

1. Preheat oven to 375 degrees and line a pan with aluminum foil. Drizzle about 1 tablespoon of olive oil on to the pan.
2. Cut the vegetables into even bite sized pieces.
3. In a large bowl toss the vegetables, adding the olive oil and seasonings.
4. Spread tossed vegetables evenly on the oiled pan and place in the oven for 20 minutes.
5. Remove from the oven and combine with brown rice, black beans, avocados and salad greens of your choice!

How to Read Nutritional Information

1.

Check the serving size and calories. Caution! One bag or bottle may contain multiple servings. Multiply the calories by the number of servings to get a total.

2.

Trans fats are a sneaky one! Even if the label says 0 grams, there could still be some in the food. Check the ingredients list for terms like “partially hydrogenated oil.”

3.

Check out the fat, cholesterol, and sodium. Look for foods that have lower amounts of these items. Aim to find foods that have high percentages of vitamins and minerals.

4.

Look for foods with whole ingredients. Limit foods that have the first or second ingredient listed as sugar. Also limit foods with artificial dyes (example, yellow #5) or excessive preservatives. You can also check this section for common allergens to see what other ingredients are processed in the facility.

Nutrition Facts Apple Juice

Serving Size 1 Cup (100g)

Amount Per Serving

Calories 46 Calories from fat 1.1

	% Daily Value*
Total Fat 0.1g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 4.0mg	0 %
Total Carbohydrates 11.3g	4 %
Dietary Fiber 0.2g	1 %
Sugars 9.6g	
Protein 0.1g	
Vitamin A 1.0 IU	Vitamin C 0%
Calcium 8.0mg 1%	Iron 0.1mg 1%

1.

2.

3.

4.

Ingredients: Contains pure filtered water, concentrated apple juice, less than 0.5% of: calcium citrate (calcium source), vitamin C (ascorbic acid), potassium phosphate.

EATING ON A BUDGET

Students with CalFresh receive a maximum of \$194 per month, or \$48 dollars per week. The following are example shopping lists for students on a CalFresh budget with a variety of dietary restrictions.

Courtesy of Jessica Allen, HDH Dietitian Intern.

*Item pricing taken from Ralph's - La Jolla, CA

**Total cost of items does not include taxes



VEGETARIAN

Protein

Eggs	dozen	2.29
Tofu	2 pack	3.58
Lentils - dry	16 oz	1.59
Hummus	10 oz	2.99
Black Beans - dry	16 oz	1.29

Dairy

Milk	1 gal	2.29
Plain Yogurt Kroger Brand	32 oz	2.59
Sharp Cheddar Cheese	16 oz	4.29

Grains

Bag Brown Rice	32 oz	1.99
Whole Wheat English Muffins	13 oz	1.50
Cannister Quick Oats	18 oz	1.99
Tortillas	1 pack	0.99
Whole Wheat Bread	1 loaf	1.99
Pretzels	15 oz	1.49

Fruit

Strawberries	1 pack	2.99
Bananas	6 each	0.89
Red Apples	5 each	2.49
Grapes	1 bag	2.99

Vegetables

Carrot Sticks	1 bag	1.99
Lettuce	1 head	0.99
Green Bell Peppers	2 each	1.00
White Onion	2 each	1.29
Can of Salsa	16 oz	4.29

Total **\$47.48**

KOSHER/HALAL

Protein

Eggs	dozen	2.29
Kosher/Halal Ground Turkey	16 oz	5.99
Kosher/Halal Chicken Franks	1 pack	3.99
Kosher/Halal Salami	10 oz	2.99
Kroger Natural Peanut Butter	12 oz	1.99

Dairy

Milk	1 gal	2.29
Cream Cheese Kroger Brand*	8 oz	1.79

Grains

Whole Wheat Bagels	1 pack	1.99
Kroger Brand Toasted Oats	1 box	1.79
Matzo Mix	5 oz	2.49
Egg Noodles	12 oz	1.25
Kosher Couscous Streit Brand	8 oz	1.69

Fruit

Navel Oranges	1 bag	2.99
Bananas	6 each	0.89
Red Apples	5 each	2.49
Grapes	1 bag	2.99

Vegetables

Zucchini	1 each	1.49
Broccoli	1 crown	0.49
Kroger Frozen Mix Veggies	2 bags	2.00
White Onion	1 each	0.79
Russet Potatoes	5 lb bag	2.99

Total \$49.66

*Kosher brand cream cheese is certified Kosher with U symbol.

VEGAN

Protein

Tofu	2 pack	3.58
Lentils - dry	16 oz	1.59
Kroger Garbanzo Beans - dry	16 oz	1.79
Black Beans - dry	16 oz	1.29
Peanut Butter	12 oz	1.99
West Soy Tempeh	1 pack	2.29
Almonds	1 bag	6.99

Dairy Substitute

"Plain Simple Truth" Soy Milk	1/2 gal	2.49
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Grains

Sprouted Bread	13 oz	3.49
Red Quinoa	16 oz bag	2.99

Fruit

Strawberries	1 pack	2.99
Bananas	6 each	0.89
Red Apples	5 each	2.49
Grapes	1 bag	2.99
Unsweetened Apple Sauce	46 oz	2.49

Vegetables

Carrot Sticks	1 bag	1.99
Lettuce	1 head	0.99
Butternut Squash	1 each	1.89
White Onion	2 each	1.29
Kroger Salad Mix	1 bag	1.99

Total \$48.49

PESCATARIAN

Protein

Eggs	dozen	2.29
Tofu	2 pack	3.58
Lentils - dry	16 oz	1.59
Tilapia - frozen	12 oz pack	3.99
Black Beans - dry	16 oz	1.29

Dairy

Milk	1 gal	2.29
Plain Yogurt Kroger Brand	32 oz	2.59
Sharp Cheddar Cheese	16 oz	4.29

Grains

Bag Brown Rice	32 oz	1.99
Whole Wheat English Muffins	13 oz	1.50
Cannister Quick Oats	18 oz	1.99
Tortillas	1 pack	0.99
Whole Wheat Bread	1 loaf	1.99
Pretzels	15 oz	1.49

Fruit

Strawberries	1 pack	2.99
Bananas	6 each	0.89
Red Apples	5 each	2.49
Grapes	1 bag	2.99

Vegetables

Carrot Sticks	1 bag	1.99
Lettuce	1 head	0.99
Green Bell Peppers	2 each	1.00
White Onion	2 each	1.29
Can of Salsa	16 oz	4.29

Total \$48.48

LACTOSE INTOLERANT

Protein

Eggs	dozen	2.29
Tofu	2 pack	3.58
Lentils - dry	16 oz	1.59
Hummus	10 oz	2.99
Black Beans - dry	16 oz	1.29
Kroger Chunk Light Tuna	3 cans	2.70

Dairy Substitute

Kroger Lactose-Free Milk	1/2 gal	3.69
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Grains

Bag Brown Rice	32 oz	1.99
Whole Wheat English Muffins	13 oz	1.50
Cannister Quick Oats	18 oz	1.99
Tortillas	1 pack	0.99
Whole Wheat Bread	1 loaf	1.99
Pretzels	15 oz	1.49

Fruit

Strawberries	1 pack	2.99
Bananas	6 each	0.89
Red Apples	5 each	2.49
Grapes	1 bag	2.99

Vegetables

Carrot Sticks	1 bag	1.99
Lettuce	1 head	0.99
Green Bell Peppers	2 each	1.00
White Onion	2 each	1.29
Kale	1 bag	2.50
Can of Salsa	16 oz	4.29

Total \$47.20

GLUTEN FREE

Protein

Eggs	dozen	2.29
Ground Beef	16 oz	3.99
Lentils - dry	16 oz	1.59
Chicken Breasts	2 lbs	5.98
Black Beans - dry	16 oz	1.29

Dairy

Milk	1 gal	2.29
Plain Yogurt Kroger Brand	32 oz	2.59
Sharp Cheddar Cheese	16 oz	4.29

Grains

Bag Brown Rice	32 oz	1.99
Amaranth Quinoa Noodles	1 pack	2.99
Cannister Quick Oats	18 oz	1.99
Corn Tortillas	1 pack	2.99
Rice Crackers	1 pack	1.99

Fruit

Strawberries	1 pack	2.99
Bananas	6 each	0.89
Red Apples	5 each	2.49
Grapes	1 bag	2.99

Vegetables

Carrot Sticks	1 bag	1.99
Lettuce	1 head	0.99
Cucumber	1 each	0.49
White Onion	2 each	1.29
Prego Gluten-Free Spaghetti Sauce	16 oz	2.29

Total \$48.48

10 NUTRITION MYTHS

Myth #1: Late-night snacking will make you gain weight.

For most people, after dinner snacking leads them to eating more calories than their body needs in that day. If you're hungry at night, eat a balanced meal or snack based on your hunger level and stop when you're satiated.

Myth #2: Gluten is evil. If you cut it out, you will lose weight.

The only people who need to avoid gluten are those who have a diagnosed autoimmune or digestive disorder such as celiac disease. A diet consisting of whole grains, fresh produce and lean meats, that is low in refined carbs, will leave you feeling more full and energized.

Myth #3: Organic food is healthier than conventional food.

Studies have not proven conclusively that organic produce is healthier than conventionally grown produce overall. Your emphasis should be on meeting fruit and vegetable intake, whether organic or not.

Myth #4: Carbs are bad for you and make you gain weight.

Healthy and naturally occurring carbohydrates like fruits, vegetables, milk, nuts, grains, seeds and legumes are part of a well-balanced meal/snack/diet.

Myth #5: Alcohol is good for you.

If you consume alcohol, do so in moderation (no more than one drink a day for women or two drinks a day for men), and do not consume it for health benefits.

Myth #6: Taking supplements like vitamins and minerals will keep me healthy.

Unless you have a deficiency, nutrients are best absorbed from foods. Supplements are meant to help/ SUPPLEMENT (get it?) based on individual needs (i.e. vitamin D, Fish Oil, probiotics).

Myth #7: Eating protein builds muscle.

Eating protein does not build muscle; only exercise can build muscle! If you enjoy regular physical activity, you will benefit from a balanced diet that is rich in fruits and vegetables, whole grains, lean meats and fish.

Myth #8: Milk is essential for bone health.

Milk is not the only source of calcium in our diets. Non-dairy sources of calcium include soy, baked beans and leafy green vegetables such as collards and bok choy. Other bone-building nutrients include potassium, magnesium, vitamin K and Vitamin D.

Resource: http://www.southwesthealthline.ca/healthlibrary_docs/NutritionMythsMarch2012.pdf

Myth #9: Skinny is healthy.

Someone can be in the normal BMI range, but not be fit. Alternatively, if someone is above the normal BMI range and is fit, they have better health outcomes than someone of the same BMI who isn't fit. So, instead of focusing on getting thin, focus on getting fit.

Myth #10: Your body needs a "cleanse" – whether a juice cleanse or a colon cleanse – every once in a while.

Our bodies already have a built-in detox system — our lungs, liver, kidneys and digestive tract all work together to eliminate toxins from our bodies. Detox diets set you up for even more weight gain when you go off of them, since they typically result in muscle loss.

For questions, comments, and/or nutrition support contact:

The HDH registered dietitian team at
hdhdietitian@ucsd.edu



Helpful Phone Apps



FreshEBT FoodStamp Balance

What we liked

- You can see your EBT balance
- FreshEBT displays locations that take EBT
- You are able to track your spending
- FreshEBT brings to you coupons to save you money!
- Available on IOS and Google Play



Yummly Recipes + Shopping List

What we liked

- You can filter recipes based on your dietary restrictions and food preferences
- You can filter recipes based on what you have in the fridge
- Assists you with making grocery lists and meal prep scheduling
- Yummly tracks nutrition of the recipes
- Available on IOS and Google Play

Contact Information

Basic Needs

- Email: thehub@ucsd.edu
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