

*See Sherry speak*

## Fed up with cafeteria food?

**DINING/** *Sherry Morin takes a look at student eating habits and the need for nutrition.*

by Sherry A. Morin

See Dick and Jane. See Dick kick the ball. See the ball miss the net. See Jane run. See Jane scream. See Jane kick Dick.

See? Even if your reading skills are in their rudimentary stages, you might enjoy reading my new column every other week. As you can see, it's called "See Sherry Speak". The mission of my column is to impart the art of surviving University life to my faithful readers. Today, I'll be discussing the ins and outs of a survival skill that I call foraging.

Any student who has ever attended university has at some point felt like an item on an assembly line. Things are fast-paced, high-pressure, and set up with the aim of producing the highest yield. As students, we are carried along on that conveyor belt called a degree program. Technicians masquerading as professors prod us and add to us, make modifications to our structure and add more machinery. We are shaped into a marketable product by a large corporation called a university. This is education on a massive scale.

Naturally, the people partaking of this education have to partake of huge amounts of food. Meals have to be mass-produced. That's where the dilemma of nutrition comes in.

Just as a little planning, inventiveness and common-sense allow you to take the greatest advantage of your education, the same attributes can give you the greatest nutritional benefits from meals served in your residence. Collectively, these skills for survival in the wild jungle of campus cafeteria-dom are what I call, "foraging".

The main rules of thumb in foraging are as follows. Stay away from salt, sugar, deep-fried, battered foods and saturated fats (those which solidify at room temperature). They include the so-called tropical oils, such as coconut oil. These belong in tanning products, not in your arteries. Animal fats are also saturated.

Eat food in smaller servings but greater in variety as to the kinds of food (breads, vegetables, meat/fish or dairy). Throw in vegetables wherever you can, especially those which are dark green, bright yellow or orange in color (preferably from the nutrients inside, not from mildew). When you consume meat or fish, stay away from cured (salted) meats and deep-fried seafood. If it's fatty meat, cut away as much excess fat as you can from the edges. If you find this takes more time than if you'd dragged home the kill yourself, forget the meat.

Avoid instant drink mixes; they tend to contain vast amounts of sodium, sugar, and artificial colorants. Artificially sweetened diet soda would probably do less harm. Don't be afraid of the caffeine content in soda, (surprise!!) as long as it's consumed in moderate amounts. Of course, the most sensible and beneficial choice of beverage is either skim milk or fruit juice, fresh form concentrate. I'm beginning to sound like your mother instead of a columnist... Hey, the basic idea is not to be overly fussy, but selective, and a little creative. For example, you might add more green peppers to your diet—they're a good source of vitamin C!

To choose a good cereal, unless your eyes are too tired from reading my column, check the back of the box. This, by the way, is to reveal sodium and nutrient content, not the kind of prize hidden inside. Pick a cereal that's relatively low in salt (sodium) and sugar, but fortified with the most essential nutrients you can find.

"Healthy" foods, such as enriched bread and vegetables, have high nutrient/calorie ratios and should be included in your diet. "junk" foods, which I won't list, lest I send you running for the fridge, should be cut down or cut out entirely. They are low in nutrients and high in calories, kind of like (gasp) alcohol.

According to *Food Nutrition and Diet Therapy* by Krause and Mahan, a female university student weighing just under 60 kilograms should consume about 2100 calories/day to stay healthy. A male, just under 70 kilograms and in his early twenties, needs about 2800 to 3000 calories daily. As you might have remarked already, these numbers provide for a lot of leeway, but not abuse. To put things into perspective for you, two tiny tablespoons of a fatty food like peanut butter have 180 calories (that ain't "peanuts"), while a medium-sized potato has 100 fewer calories.

Be sensible in your food choices. Make breakfast your biggest meal and then taper things off toward the end of the day, finishing off with a light supper. Last but not least, when you grocery shop, get into the practice of reading labels. C'mon, you can do it! I've seen you checking for alcohol content on many Friday evenings.

Perhaps reading those labels will warm you up for my next column. Take care, kiddies! See me speak again, in two weeks.

## SURVEY - PLEASE FILL OUT The Constitutional Crisis!!

Please take the time to fill out this survey, and return it to The Brunswickan Office, in the SUB, room 35, or submit to Chris Lohr or Petula Jurasek in the Forestry Building Mailbox.

The Brunswickan needs to know what our students think of the Constitutional Referendum. Our ideas, those of the younger generation, are so important to the future of Canada that even the Telegraph Journal has inquired about seeing our results. Last week's responses to this survey has prompted a few changes - thank you for your feedback!

1. Do you plan to vote on the Premiers' Charlottetown agreement i.e. the Constitutional Referendum?

\_\_\_\_ Yes \_\_\_\_ No \_\_\_\_ Undecided

2. Why or why not?

\_\_\_\_\_  
\_\_\_\_\_

3. Are you concerned about the outcome of the vote?

\_\_\_\_ Yes \_\_\_\_ No

4. How much do you know about the Constitutional Agreement?

\_\_\_\_ Nothing  
\_\_\_\_ Minimal  
\_\_\_\_ Followed closely

5. Do you think a Referendum is even necessary?

\_\_\_\_ Yes \_\_\_\_ No

Why or why not?

\_\_\_\_\_  
\_\_\_\_\_

6. Do you consider Quebec to be a distinct society?

\_\_\_\_ Yes \_\_\_\_ No

Why or why not?

\_\_\_\_\_  
\_\_\_\_\_

7. Do you think the inherent right of self-government for aboriginal peoples of Canada should include the creation of new rights to land (which the agreement decided on does not)?

\_\_\_\_ Yes \_\_\_\_ No

Why or why not?

\_\_\_\_\_  
\_\_\_\_\_

8. Do you believe that the agreement overly weakens the federal government and gives too much power over to the provinces?

\_\_\_\_ Yes \_\_\_\_ No

9. If you vote, on what basis will your vote be cast?

\_\_\_\_ I've read it and agree  
\_\_\_\_ I've read it and disagree  
\_\_\_\_ I'll vote yes just to end all the bickering  
\_\_\_\_ I'll vote with my normal party of choice  
\_\_\_\_ I'll vote yes because I don't want Canada to split up  
\_\_\_\_ Other (please explain) \_\_\_\_\_

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