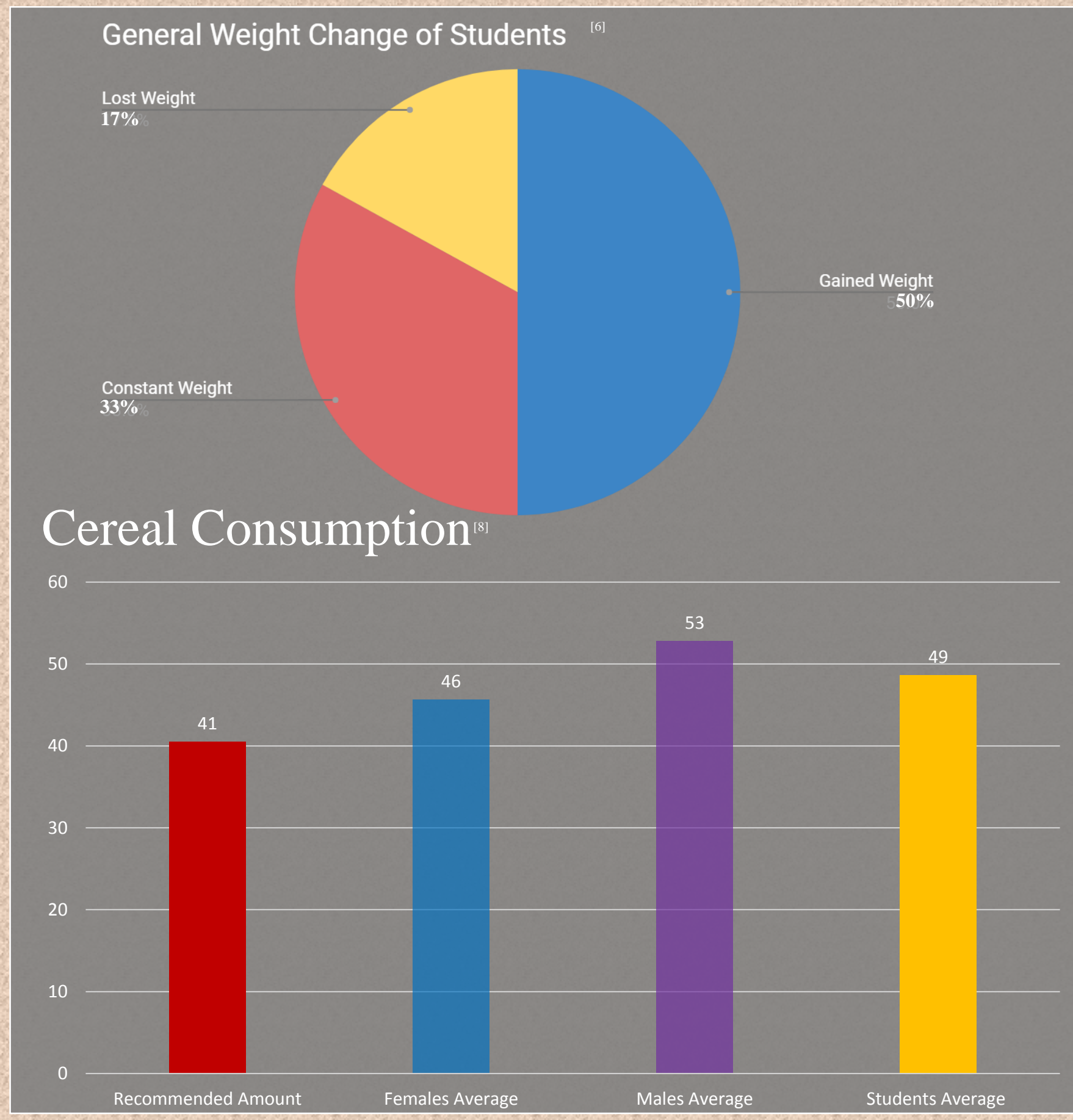
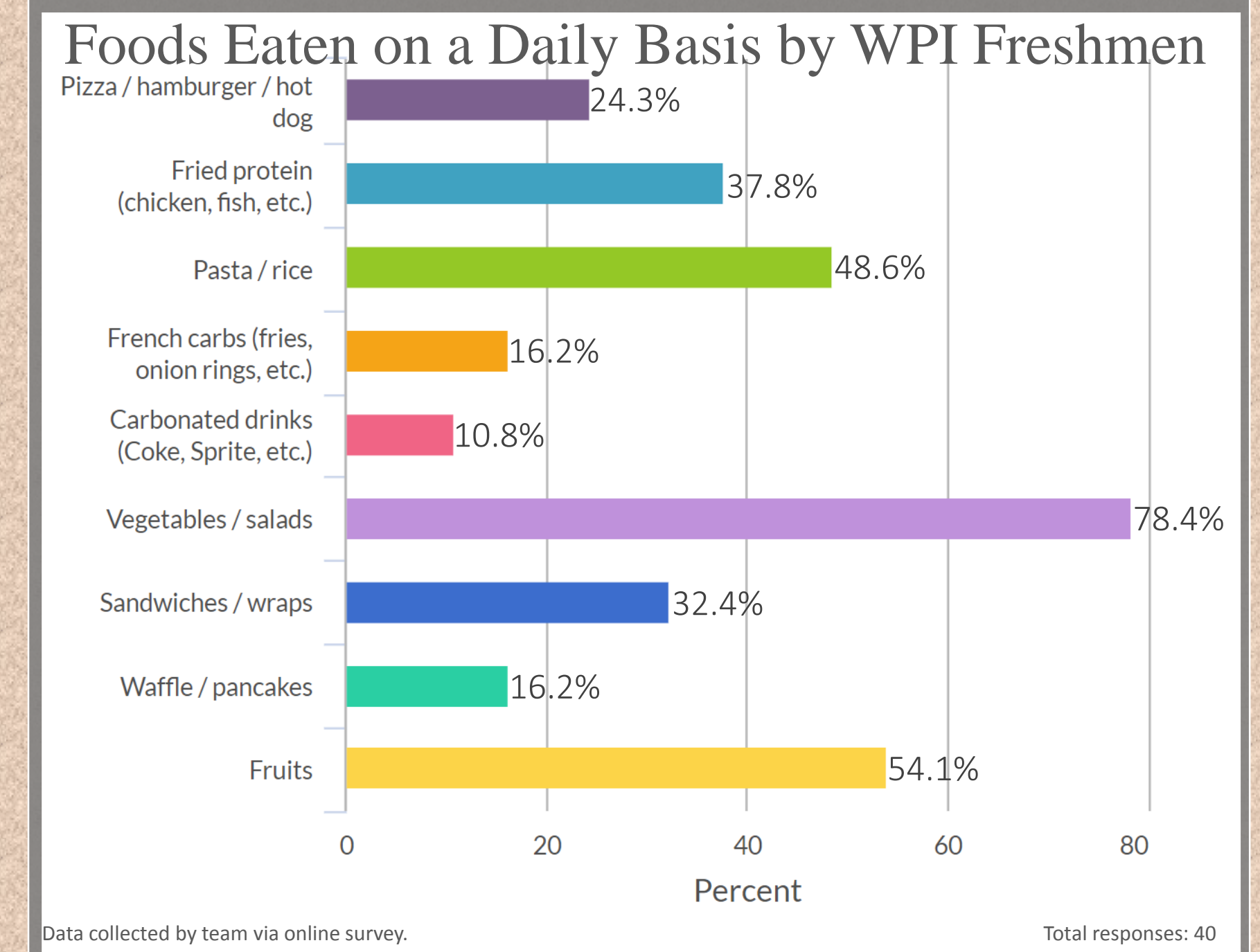


Background: Freshmen Malnutrition in the United States



Background: Freshmen Malnutrition in WPI



Problem

Freshmen student ignorance and lack of education on nutrition at Worcester Polytechnic Institute.

Goal

To make more readily available the resources necessary for first year students to make conscious and informed decisions about their meal choices and portion sizes so that they eat in a healthier manner.

Solution

General

Ideal Plate

- 25% Protein-Rich Foods
- 25% Whole Grain
- 50% Fruits and Vegetables

Foods Available at the POD

Protein	Whole Grain	Fruits
<ul style="list-style-type: none"> - Egg [15g] - Yogurt [6g] - Sausage [20g] - Roast Beef [29g] - Cheese Pizza [26g] - Asian Chicken [27g] - Grazed Ham [24g] - Baked Chicken [27g] - Garlic Pork [25g] - Chicken and Rum [51g] - Turkey Breast [15g] - Chicken Breast [26g] - Pork in Green Rice [40g] 	<ul style="list-style-type: none"> - Beans and Rice [30g] - Pastrami Sandwich [39g] - Mashed Potatoes [23g] - Carrots [11g] - Oatmeal [13g] - French Toast [48g] - Meatloaf [16g] - White Rice [23g] - Roasted Vegetables [7g] - Steamed Brown Rice [21g] - Green Beans [7g] - Classic Hummus [19g] - Beef Sandwich [46g] 	<ul style="list-style-type: none"> - Strawberries - Pineapples - Apple - Banana - Grapes - Melon - Oranges - Blueberries - Mango - Peach - Cranberries - Watermelon - Raisins

Specific

Just Worked Out?

What You Should Eat:

- Complex Carbs:** Brown Rice, Oatmeal, Sweet Potato, Quinoa
- Light Proteins:** Turkey, Chicken, Greek Yogurt, Eggs
- Good Ratio:** 3 carbs : 1 protein

Have a Test?

What You Should Look For:

- Energy:** Almonds, Yogurt, Eggs, Oranges
- Memory:** Blueberries, Chocolate, Carrots, Bell Peppers
- Focus:** Beef, Tea, Oatmeal, Apples

Feeling Sick?

What You Do:

- Stimulate Your Immune System:** Garlic, Honey, Ginger, Yogurt
- Get Vitamins and Minerals:** Avocado, Oranges, Cucumber, Bananas
- Hydrate:** Chicken Soup, Hot Tea, Water

Feeling Tired?

Foods You Should Look For:

- Brain Boosting:** Kale, Oatmeal
- Mood Boosting:** Walnuts, Chocolate, Yogurt, Bell Pepper
- Energy Boosting:** Whole Grains, Tea, Beans, Watermelon

Conversions

Conversions of Serving Sizes

Serving Sizes	Hand Size	Representation
1 Cup	1 Fist	
3 oz.	1 Palm	
1 tsp.	1 Thumb tip	
1 oz.	1 Thumb	
Morgan Dining Hall's Servings	Hand Size	Conversions
Soup Spoon	4 Thumbs	4 oz.
Serving Spoons	3 Thumbs	3 oz.

Seminar

NEW-STUDENT ORIENTATION:

YOU'D BE GLAD TO KNOW

- Meet your school's nutritionist
- Learn more on proper nutrition
- Get answers on your questions