Welcome! Welcome Back!!

With the start of the new school year comes new energy and a fresh perspective on what lies ahead. Harness this enthusiasm with a commitment to making mindful changes and better choices that will result in better health.

Nutrition is just one piece of the “wellness puzzle”, and we are committed to supporting the Pomona College community in seeking and maintaining a well-balanced life, of which good nutrition is one component.

Our staff nutritionist, Liz Ryan, is available for confidential, one-on-one consultations free of charge to any Pomona College student, faculty or staff. Contact her at nutritionist@pomona.edu

Cecil’s Monthly Nutrition Challenge!

Start your year off right, and really focus on building a healthy plate:
1. ½ your plate will be fruits and veggies
2. Choose lean proteins
3. ½ your grains will be whole grains
4. SLOW DOWN! Take time to enjoy your food
5. Use a smaller plate to help with portion control
6. Try something new!

Cecil’s Monthly Physical Well Being Challenge

Physical activity is also an important component of a healthy lifestyle. This month put a little spring into your step! Brisk walking every day for a minimum of 30 minutes is linked to improved mood, increased energy, lower blood pressure, and even reduced risk of developing diabetes, cancer, and osteoporosis.
(Yes you do...you have the time to do this.)

NUTRITION SURVIVAL

Daytime drowsiness If you always feel tired during the day but know you’re getting enough sleep, watch the amount of sugar and refined or processed products you consume. Eat more fruits and vegetables and eat smaller, more frequent meals. The most common symptom of almost all vitamin and mineral deficiencies is fatigue...if it becomes a problem, consult your doctor.

Skipping Meals Skipping meals equals skipping nutrition. However in college, deciding whether to eat, sleep or cram is often not a matter of nutritional concern. Eating nothing at all confuses your metabolism and may impair your ability to concentrate in class. Be sure to schedule times for eating— even if it’s a small snack you pack in your bag.

All Night Study Session Not recommended....but sometimes it just happens. High protein foods are best for getting through an all-nighter. Starches and sugars may make you sleepy. For dinner before an all-nighter, skip the pasta and eat a high protein meal that may include beans, whole grains, and/or lean meats. Instead of snacking on cookies and chips during the night, try cereal with low fat milk or almond milk, nuts, veggies and hummus, or air-popped pop corn (it’s a whole grain!).
Nutrition Faceoff: Apples vs. Oranges

(HealthCastle.com) We’re all familiar with the phrase "don't compare apples to oranges." We thought it would be fun to take that familiar phrase to heart and actually compare these two different fruits. Is there a clear winner between the two?

### Nutrition Faceoff: Apples vs. Oranges

<table>
<thead>
<tr>
<th></th>
<th>Apples</th>
<th>Oranges</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size</strong></td>
<td>1 medium (3&quot; diameter), skin on</td>
<td>1 navel orange, peeled, 2 7/8&quot; diameter</td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td>95 kcal</td>
<td>69 kcal</td>
</tr>
<tr>
<td><strong>Carbohydrates</strong></td>
<td>25.1 g</td>
<td>17.6 g</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>0.5 g</td>
<td>1.3 g</td>
</tr>
<tr>
<td><strong>Fat</strong></td>
<td>0.3 g</td>
<td>0.2 g</td>
</tr>
<tr>
<td><strong>Fiber</strong></td>
<td>4.4 g</td>
<td>3.1 g</td>
</tr>
<tr>
<td><strong>Vitamin C</strong></td>
<td>8.4 mg</td>
<td>82.7 mg</td>
</tr>
<tr>
<td><strong>Potassium</strong></td>
<td>195 mg</td>
<td>232 mg</td>
</tr>
<tr>
<td><strong>Folate</strong></td>
<td>5 mcg</td>
<td>48 mcg</td>
</tr>
</tbody>
</table>

**Nutrition Faceoff: Apples vs. Oranges – Dietitian's Take**

Oranges are a well-known source of Vitamin C, and the numbers confirm it. Both fruits are also good sources of potassium and fiber. What may be less known is that oranges also contain folate, while there is very little of it in apples.

**Our Pick: Oranges**

If we were looking strictly at the numbers in the table above, we would pick oranges as the winner! For fewer calories per fruit, oranges have higher levels of Vitamin C, folate, potassium, and protein.

However, the benefit of fruits is more than just the identified nutrient levels as shown. What the table doesn't show is what other phytonutrients are contained in both apples and oranges. Apples, particularly when consumed with their skin on, deliver polyphenols that have antioxidant benefits. These polyphenols are particularly good at preventing oxidation of fats in our cell membranes, which is a key factor in the development of atherosclerosis. Regular consumption of apples has been associated with lower cholesterol levels. The various phytonutrients also have anti-cancer and anti-inflammatory properties, which benefit those with asthma. In addition, some apple polyphenols help slow down both carbohydrate digestion and glucose absorption, which in turn help blood sugar regulation.

More and more emerging research about phytonutrients in fresh fruits and vegetables suggests there are other factors at play when it comes to what makes a fruit "nutritious," and we don't yet have ways to quantify all the phytonutrient levels needed to produce a health benefit. Therefore, to cover all your bases, aim to include both fruits on your grocery shopping list, especially because they are both widely available and are easy snacks on the go.