NUTRITION 101

Many college diets lack certain important nutrients. Below are some to be aware of. When in doubt, just remember: the more whole, unprocessed foods you eat, the greater the chances that you're getting what you need.

IRON:
This mineral is involved with moving oxygen throughout the body, and is used in many cell functions including digestion. Women and vegetarians are especially at risk for iron deficiency (anemia).

SOURCES OF IRON: red meat, dark chicken meat, fish, cooked kale, prune juice, potatoes with skin, cashews, legumes, fortified breads and cereals.

CALCIUM:
The body needs calcium for strong bones and teeth as well as cell division, nerve transmission and muscle contraction.

SOURCES OF CALCIUM: dairy products, sardines and salmon canned with bones, tofu, legumes, cooked kale, broccoli, bok choy, Chinese cabbage, fortified juices and cereals.

VITAMIN D:
This nutrient helps the body absorb calcium, helps move muscles and is used by the immune system. Deficiency leads to brittle bones.

SOURCES OF VITAMIN D: sunlight is the primary source, but some foods like cod liver oil, sun-dried mushrooms, fatty fish, free-range eggs and fortified milk also contain Vitamin D.

FIBER:
Fiber is essential for gastrointestinal health, heart health and satiety. It can prevent and relieve constipation and lower cholesterol levels as well as your risk of diabetes and heart disease.

SOURCES OF FIBER: whole grains, fruits, vegetables, legumes, nuts, seeds.

For more information or to meet with a registered dietician, please visit the Nutrition page on the Student Health Center website.