Why #VilleFoodyFriday Started!

Eating a healthy diet is not about strict limitations, spending hours exercising, or depriving yourself of the foods you love. Rather, it is about feeling great, having more energy, improving your health, and boosting your mood. As a college student, healthy eating does not have to be overly complicated. As any member of the Campus Community, the food you fuel your body with matters. The Millersville University Campus Recreation Department strives to provide simple tips to educate individuals on the food being put into their bodies whether at home or on the go.
Enjoy any of the following smart snacking options next time your body needs a little fuel.

**ALMONDS**
1 serving = 20-24 whole almonds

- 164 CALORIES
- 14.2 G FAT
- 6 G PROTEIN
- 3.6 G FIBER

**BANANA**
1 serving = 1 medium-sized banana (7” to 7-7/8” long)

- 105 CALORIES
- 0.4 G FAT
- 1.3 G PROTEIN
- 3.1 G FIBER

**AVOCADO**
1 serving = 1 cup, sliced (146g)

- 234 CALORIES
- 21 G FAT
- 2.9 G PROTEIN
- 10 G FIBER
Don’t fear fast food! Here are some healthy options from some of the top fast food chains.

**PANERA’S SPICY THAI SALAD WITH CHICKEN**

**CHICK-FIL-A CHARGRILLED CHICKEN SANDWICH**

**MOD PIZZA: DOMONIC STYLE**

**BURRITO BOWL**

WHITE SAUCE, ASIAGO, FRESH CHOPPED BASIL, RED ONION, SLICED TOMATOES, MILD SAUSAGE

BROWN RICE, BARBACOA, FRESH TOMATO SALSA, FAJITA VEGETABLES, AND LETTUCE
ENERGY BARS: FRIEND OR FOE?

Next time you grab an energy bar, consider...is this to give you energy, a meal replacement, recovery option, or a snack? It is important to read the nutritional facts and ingredients and look at if that is the right energy bar for you based on your answer to our first question.

**RX Bars**
- 220 Calories
- 22 G Carbohydrates
- 14 G Sugar
- 9 G Fat

![RX Bars Image]

**Nature Valley Bars**
- 190 Calories
- 29 G Carbohydrates
- 11 G Sugar
- 7 G Fat

![Nature Valley Bars Image]

**Kind Bars**
- 180 Calories
- 16 G Carbohydrates
- 5 G Sugar
- 15 G Fat

![Kind Bars Image]

**Clif Bars**
- 250 Calories
- 40 G Carbohydrates
- 21 G Sugar
- 5 G Fat

![Clif Bars Image]
EVERY SIP COUNTS!

Think about what your body needs at the time from a drink then choose a drink based on the many benefits provided in each sip. Below are important nutritional benefits to know before taking your next sip of any of these smart drinks listed below.

Black Tea
Reduces muscle soreness & aids in muscle recovery

Cherry Juice
Aids in inflammatory response and prevents muscle loss

Coconut Water
Has more potassium than a sports drink, therefore can rehydrate you just as well or better