

Nutrition panel dispels campus food, dieting myths

Krista Naposki
News Editor

Pan-Hellenic Council and Alpha Kappa Alpha sponsored a nutrition forum last Thursday that broke down myths about dieting and campus food.

The panel of four included Julie Duffy Dillon, a registered dietitian based in Greensboro who works at Elon on Wednesdays, Annmarie Carter, a LCSW (licensed clinical social worker), Jon Maney, ARAMARK director of operations, and Adam Holmes ARAMARK food service director.

Dillon said that she approaches nutrition on a non-diet basis.

"Follow your hunger and fullness cues (that you get from your body)," Dillon said, "I don't like South Beach and those other diets."

While athletes may feel they eat much more than the other

people they might eat with, she encourages athletes to listen to their bodies. Also, because many college students stay up late, she said they need carbohydrates to help keep their brains sharp.

It's a myth that people shouldn't eat after a certain time at night. The summation of the food of the day matters more, Dillon said.

She suggested students eat high fiber and protein-rich foods; such as whole wheat bread, fruits, string cheese and yogurt. The brain works best when a person consumes 40 to 60 percent glucose.

Sometimes it's better to have a late-night snack because the person will fall asleep quicker, sleep better and not wake up as hungry, Carter said.

Carter said there is only so much a friend can do to help a person with an eating disorder.

The friend can try giving brochures from the R.N.

Ellington Health Center, talk to the person about the facts about their problem (do not use assumptions), make an appointment for the person or ask how the friend can best help.

"Elon's campus is in everyone else's business," Carter said. "But you can only do so much."

One group of students were successful in showing their concern by buying a book and highlighting the important sections, then placing it on the person's bed. Their technique worked because they left her alone with the information.

ARAMARK and Elon's administration is working to create new dining styles on campus to encourage healthy eating. Holmes said that this year, Octagon expanded hours at Grille Works, added more options to the cooler section (salads, Jell-O, yogurt parfaits and sushi), and are working on new meal plan combinations.

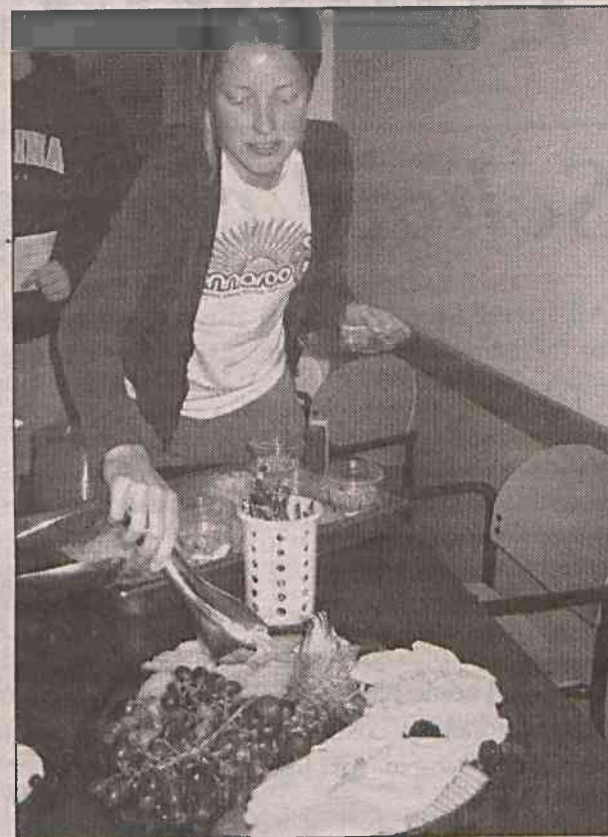
Dining hall myths dispelled

- No laxatives are used in foods.
- No recycled food
- Use "Whirl," to cook food. It's 70 percent lower in saturated fat than butter.
- Do not spray lettuce with calories.
- The liquid eggs are made from whole eggs and citric acid to preserve color and water.

According to Maney, the Koury Business Center will contain a food court type of dining service and possibly a store to buy produce items.

He also encourages students to meet with ARAMARK staff to give suggestions and new ideas. They are flexible to students' personal needs.

Contact Krista Naposki at pendulum@elon.edu.



Krista Naposki/ Photographer

Ashley Condon, junior, picks up fruit that Pan-Hellenic Council and Alpha Kappa Alpha provided after the panel.

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