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SWOSU BULLDOG WELLNESS


Newsletters

3-24-2021

March 2021

SWOSU Bulldog Wellness Committee

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SWOSU

Bulldog Wellness

March 2021

march

national
nutrition
month



Oklahoma Pick Your Plate Method

Fruit
[1 serving = 15 grams of carbohydrates]

Non-Starchy Vegetables

Dairy
[1 serving = 15 grams of carbohydrates]

Grain | Bread | Starch
[1 serving = 15 grams of carbohydrates]

Protein

Fill your 9" plate using the Oklahoma Pick Your Plate Method for a healthy and balanced meal!

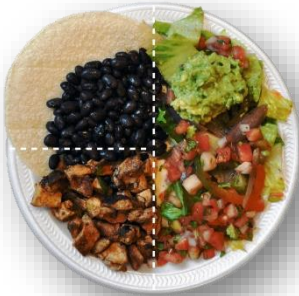
The American Diabetes Association and the American Heart Association recommend filling half your plate with vegetables at each meal.

HEALTH TOTAL WELLNESS

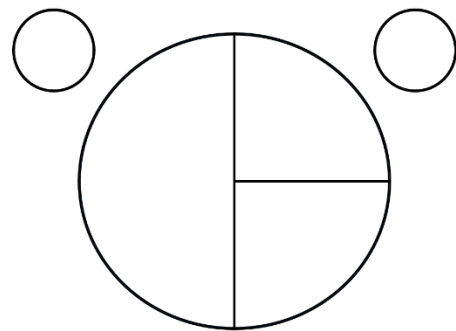
occhd.org
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rural health center
OSU COLLEGE OF PHARMACY

BULLDOG WELLNESS



What is on YOUR plate?



- ❖ What is one small change you could make this week to *increase non-starchy vegetable intake*?
- ❖ What is one *protein* that you can choose that is *low in fat*?
- ❖ What is one *starch* that you could enjoy that is *rich in fiber and vitamins and minerals*?
- ❖ What are your favorites *fruits* you can pack with you for a healthy snack?
- ❖ What are some low-fat dairy options you enjoy?
- ❖ How can you plan for balanced and nutritious food choices? [Meal Planning](#) | [MyPlate](#)

Navigating a Nutrition Label

- ❖ Calorie and nutrient amounts apply to each serving. If you have more than one serving do not forget to multiply your calories and nutrients!
- ❖ Try to get less than 30 percent of your calories from fat.
- ❖ Most Americans get enough, or even too much fat, saturated fat, trans fat, cholesterol, and sodium.
- ❖ Most Americans do not eat enough fiber, vitamin A, vitamin C, calcium, and iron.

[Participant Guide-Track Your Food \(cdc.gov\)](https://www.cdc.gov/trackyourfood/)

Sample Label for Macaroni and Cheese

1 **Serving Size** →

2 **Calories**

3 **Limit These Nutrients (yellow items)**

4 **Get Enough of These Nutrients (blue items)**

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

MoveSpring

Sign up now for our **Stay Active in April** challenge! Prizes will be awarded to those with the most active **days** and **minutes**!

Thank you to the 38 participants in Fitness Matters the last 8 weeks!

FITNESS
SWOSU
MATTERS

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Cut your risk for type 2 diabetes **in half** by joining the SWOSU College of Pharmacy Rural Health Center's **Lifestyle Change Program** starting **April 6th**! To find your risk for type 2 diabetes, complete the CDC's Risk Test found here: https://swosu.formstack.com/forms/prescreening_questionnaire_dpp. All information will be stored in a secure manner. For more information: sarah.yount@swosu.edu.

SWOSU COVID-19 Vaccination Opportunities!

COVID-19 vaccination clinics are set for Fridays at the Pioneer Cellular Event Center on campus from 9 a.m. until 3:30 p.m. with 1,300 appointments (1st and 2nd Pfizer doses) available through the Oklahoma State Department of Health portal—<https://vaccinate.oklahoma.gov/en-US/>.

Tuesday clinics are at the Pioneer Cellular Event Center from 9 a.m. until 12 noon and are available for all phases from 1-4 starting March 30th. This will be the first opportunity for people in phase 4 to get the vaccine. For this clinic, make appointments by calling 580.774.3025.