

FSU MINDFUL NEWS

May 2017



HAVE A GREAT SUMMER!

Summer is almost here! We hope that you are finding time to get outside while you study for your final exams. You may think that you do not have time to make nutritious choices or take part in physical activity, but your health and wellness is more important than ever!

It is important to take care of yourself both physically and mentally to excel

on your final exams and Dining Services is here to help! Be sure to check out all of the Mindful options offered in the Dining Commons and at our retail locations. The easy to identify menu items (look for the green apple) will help you stay on track to feel your best this summer!



FSU Dining Services Team

MAY EVENTS

3rd Fresh Check Day
Crocker Grove/Forum 12:00 pm - 2:00 pm

5th Sandbox
McCarthy Center Lot 11:30 am - 2:30 pm

8th - 12th Final Exams

8th Hummus Bar
Dining Commons 11:30 am - 2:30 pm

8th Moonlight Breakfast
Dining Commons 10:00 pm - 12:00 am

9th Iced Tea & Coffee Bar
Dining Commons 11:30 am - 2:30 pm

10th and 11th Trail Mix Bar
Dining Commons 11:30 am - 2:30 pm

NATIONAL BIKE MONTH

Did you know that May is National Bike Month? It was established in 1956 and is sponsored by the League of American Bicyclists. There are many benefits to biking; from financial benefits to mental health to physical health. This May try biking to work, to school, to a friend's house, to your extracurricular activities or to go grocery shopping. You will save money, reduce your carbon footprint and get in some exercise!

Benefits for Your Heart

Biking is an aerobic exercise, meaning it works your cardiovascular system. Biking helps to strengthen your heart muscles, improve your stamina and helps you think more clearly!

Benefits for Your Muscles

While you pedal down, you work your gluteus muscles, quadriceps, and your calves. The up and over motion works your hamstrings and the muscles in your hips.

Benefits for Your Mind

Aerobic exercise triggers the release of endorphins (the body's feel good hormones) which will improve your mood and help you stress less.

Benefits for Your Bones

Resistance exercise (pushing the pedals), pulls on the muscles connected to your bones which increases bone density.

How Should You Refuel?

Just like any form of exercise, you need to replenish your body with a good source of carbohydrates and lean protein within 30 - 45 minutes of finishing your workout. Try to include 1 gram of protein for every 4 grams of carbohydrate.

What Should You Eat?

Try eggs with toast or potatoes, nut butter and jelly sandwich, oatmeal with fruit and nuts, a smoothie with Greek yogurt and fruit or a glass of chocolate milk.

CAROLYN'S CORNER

Finals are almost here and it could be a time of great stress for you. Have no fear! There are certain foods and nutrients that can help you stress less during finals this semester.

Stress Less with Vitamin C

Did you know consuming vitamin C can help you stress less? That is right! A diet rich in vitamin C can help reduce both physical and psychological effects of stress. But how? Vitamin C helps lower levels of cortisol in the body. Cortisol is a stress hormone that triggers the fight or flight response to stress or stressful events. In addition to reducing stress, consuming adequate amounts of vitamin C is essential for growth and repair of tissues, fighting free radicals in the body and enhancing your immune system.

Sources of Vitamin C

When people think of vitamin C, they often think of citrus fruits like oranges, lemons, grapefruit and limes. But vitamin C is found in more than just citrus fruit. In fact, red bell peppers have more vitamin C per serving than an orange! To increase your vitamin C intake, try including more green and red peppers, strawberries, kiwi, broccoli, Brussels sprouts, cantaloupe and tomatoes in your diet.



For more information, contact:
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WHY BUY IN SEASON?

May is here at last! The weather is getting warmer and the flowers are blooming - better yet, so are the fruits and veggies. Now is the time to visit your local farmer's market, pick your own fruits and vegetables, join a CSA or grow your own garden! Eating in season ensures you will get the most nutrients and flavor out of the produce you buy. To find a farmer's market, pick your own farm or CSA near you, visit <http://www.mass.gov/agr/massgrown/map.htm>.

Massachusetts is home to a large amount of produce, especially during the summer months. In May, you can find locally grown asparagus, lettuce, greens, mushrooms, scallions, spinach, sprouts and scallions! To see a full list of available produce visit <http://www.mass.gov/agr/massgrown/docs/availability-chart.pdf>.

Asparagus, Fennel and White Bean Pasta

Ingredients (serves 4)

- 1 large fennel bulb, trimmed
- 1 pound asparagus, trimmed
- 3 tablespoons extra-virgin olive oil, divided
- ¼ teaspoon salt
- 2 cups whole wheat penne (reserve ½ cup of pasta water)
- 2 cloves garlic, finely chopped
- 1 cup cooked cannellini beans
- 2 plum tomatoes, diced
- ¾ cup crumbled goat cheese
- ¼ cup fresh mint leaves
- Pepper to taste

Directions:

- > Preheat oven to 400°F.
- > Cut fennel and asparagus into ½ inch wedges. Toss with 1 tbsp. oil and salt. Arrange on a baking sheet.
- > Roast until soft and slightly brown (20 minutes).
- > Meanwhile, bring a large pot of water to a boil. Add pasta; cook according to package directions.
- > Heat remaining oil in a large skillet over medium heat. Add garlic and cook, stirring, for 30 seconds. Remove from the heat.
- > Coarsely chop the roasted vegetables and add to pan with garlic along with the beans and pasta water. Place over medium-low heat.
- > Drain the pasta and add it to the pan. Toss thoroughly and add tomatoes. Combine until just warm. Remove from the heat and stir in cheese and mint. Season with pepper.



For more information, please contact:

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