

TIM'S KITCHEN

FOOD



HEALTH



WELLNESS

Welcome Back!

From **NAOMI CARTON**

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Welcome back to a new academic year! The beginning of the fall semester is a great time to renew yourself as you establish a new routine. I recommend starting the year off by setting three wellness goals and finding a friend to help keep you motivated. We hope you like what we have in store for you this year around living a well balanced life. We have new cooking classes, new partners helping with articles, and will have a new look come October. Have ideas you want to share with us about articles? Email us at timskitchen@mit.edu.

Happy Reading!
Naomi

Join us for a cooking class this fall!



Email us for more info!

Food Rules!

From **Bon Appetit**

www.bamco.org/blog

Food “rules” come in many flavors, from “eat this, not that” to not eating after 6pm or eating sweets only on certain days. For some people, following some basic eating rules can be helpful with learning and instilling new behaviors that promote health; for example, aiming to consume a fruit or vegetable at every meal or only drinking coffee before noon. But for others, food rules can become overly restrictive and lead to more harm than good.

So, how do you know if your rules are harmless habits — or if you should ease up a little? It’s really about the why behind your food choices. For example, if you eat a salad every day for lunch, is it because you really love salads, or is it because that’s what a diet rule told you that’s what you should eat?

To help you decipher whether a food rule is helping or hindering you, here are a few questions to ask yourself:

Are my rules affecting my social life? If you don’t allow yourself to dine out during the week or only allow desserts on a weekend, but your friends want to go out on a Tuesday night for ice cream, you might miss out on valuable time with friends or family, and emotional or social well-being can suffer.

Do I avoid eating when I’m hungry because it’s outside of my designated mealtime? This can actually lead to overeating later at your next meal as well as reduced concentration and fatigue. Your body knows what you need better than any diet plan or rule does — listening to hunger and fullness cues is an important part of overall health.

Do I avoid certain foods altogether even if I really enjoy that food (outside of a food allergy, sensitivity, or true dislike of the food)? This can lead to intense cravings and subsequent binges.

Is it a tradition or a rigid rule? Meatless Mondays, Taco Tuesdays, and Pizza Fridays are all fun traditions that can help with meal planning and often lead to healthier dining at home. But rules becoming so specific that you don’t allow yourself flexibility (like having pizza on a Sunday if the mood strikes) can lead to stress around food, which is not healthy.



Tips for Healthier Eating

Eating on campus? Follow these quick tips for healthier eating:

- Monitor your portions. Consider asking for a to-go box and eat outside while the weather is still nice. A change of environment can change your attitude.
- Limit fried foods.
- Choose whole grains when possible..
- Choose dishes that have plenty of fresh veggies.
- Consider fruit for dessert.
- Select low-fat, low-sugar condiments.
- Consider beginning your meal with a salad to help you feel fuller faster.
- Ask for dressings/sauces on the side. or consider adding olive oil to salads.

Visit studentlife.mit.edu/arm to learn about the resources MIT offers to make life as a student more affordable.