



MAYA'S CORNER

TIPS FOR A HEALTHIER YOU!

Maya Laroia, RD.

A New York State native, Maya has an A.O.S. in Culinary Arts from Johnson & Wales University. She earned her B.S. in Nutrition Management from the Rochester Institute of Technology and completed her dietetic internship through the Saga Graduate School. She is an accredited Registered Dietician and a member of The American Dietetic Association.

Weighing-In on Winter Break

You can't wait for the break. You're finally done with papers and exams, and you deserve a rest. It can be a good time to catch up with friends and indulge a little at those holiday celebrations. But how do you indulge without bulging around the waistline? Here are a few tips:

1. **Keep your distance.**

Holiday spreads at parties can make you want to go overboard. Make sure once you've been to the buffet table that you circulate and mingle. Planting yourself next to the table keeps you at arm's reach from second and third helpings you may not want. Choose a small plate. It's been proven that this helps people limit their portions.

2. **Give me the dish.**

Yummy homemade favorites and decadent desserts from last night may keep you coming back to the kitchen. If this is you, then keep this in mind. Always serve yourself in a plate or a bowl. Research shows that people eat in units, and the ideal unit is not half the pie.

3. **Don't break your dates.**

Have you gotten into a regular exercise routine at school? Mornings walk to class; you look forward to or an afternoon workout with the guys? Instead of meeting a friend for a coffee or burgers, maybe meet-up for a power walk or run.

e-mail Maya at Maya.Laroia@sodexo.com

****Please include your Name and School when e-mailing Maya****

