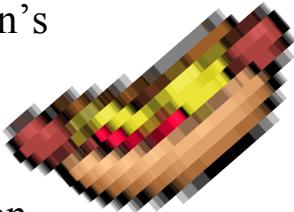


FAST FOOD

Yes, fast food is a large part of the American diet due to the quick pace of life. It is typically cheap and quite convenient which keeps people going back to them. The thing to keep in mind is that a majority of these places are not the healthiest options. There are mainly filled with calories, fat, and sodium. Some example of these on Brown Street include:

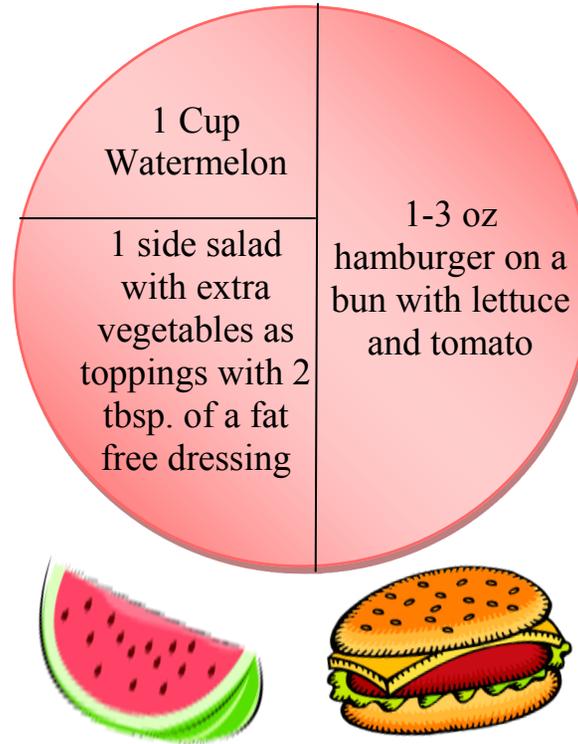
- ◆ Chipotle
- ◆ Taco Bell
- ◆ Jimmy John's
- ◆ Arby's
- ◆ Potbelly's
- ◆ Hot Head
- ◆ Penn Station
- ◆ Panera Bread



REMEMBER

Most of these dishes are highly dense in calories, fat, and sodium, so it is smart to limit these fast foods to about once a week.

WHAT A PLATE COULD LOOK LIKE



References:
<http://www.dosomething.org/>
<http://travel.cnn.com/>

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UNIVERSITY of

DAYTON
DINING SERVICES

**How to
Adjust to an
American Diet**



*International
Student's Guide to
Eating in America*

WELCOME

So you have left home to study in a new country. You are doing everything you can to adapt to the American culture. One big part of the American culture, like many other cultures around the world, is food. How do you eat here? What is normal to eat?

TYPICAL AMERICAN FOODS (One Serving Size)

Hamburger	3 oz. burger with bun
Cheeseburger	3 oz. burger with bun
Hotdog	1 hotdog with bun
Potato Chips	1 oz. or 15 chips
Buffalo Wings	4 wings
Deep Dish Pizza	1 slice
Macaroni and Cheese	1/2 cup
Biscuits and Gravy	1 biscuit and 2 tbsp. gravy
Apple Pie	1 slice
French Fries	1/3 cup

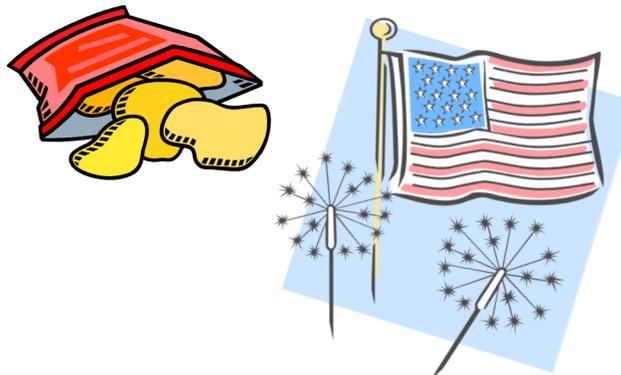
2

TRY NEW THINGS

Part of study in a foreign country is to take advantage of all the opportunities that are not available to you in your home country. This includes trying new foods! Some may have different textures or smells, but just take a bite! You may like it!

MODERATION

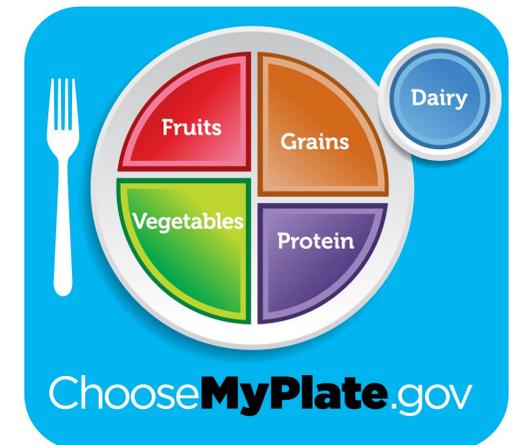
American dishes tend to be higher in calories, fat, and sodium. They also tend to be extremely high in portion sizes. So remember it is okay to have them from time to time but be sure to follow the My Plate recommendations for guidelines.



3

WHAT YOUR PLATE SHOULD LOOK LIKE

- ♦ Fill **half** (~ 2 cups) of your plate with **fruits and vegetables**
- ♦ A **quarter** (~ 2oz) of your plate should be filled with **grains**
 - Half of your daily intake of grains should come from whole grains
- ♦ The last **quarter** (~ 3oz) should be filled with **proteins** such as lean meats, beans, or fish
- ♦ It is recommended to take in 3 cups of **dairy** each day which is equivalent to **1 cup** of milk at each meal



4