

**DRD: DORM ROOM DINING**

## Cow in a Blanket

*A healthier version of the mozzarella stick!*

**Ingredients:**

- 1 String Cheese Stick
- 1 Slice Whole Grain/Whole Wheat Sandwich Bread
- Leftover Tomato Soup or Low Fat/Low Calorie Dressing

**Directions:**

1. Take the slice of bread and place string cheese on the edge.
2. Roll the slice of bread over the string cheese and press firmly down as you roll.
3. Place on a microwaveable plate and microwave for 10-second intervals until bread is warm and cheese is slightly melted. Be careful when removing the plate from the microwave – it will be hot!
4. Let cool a minute and then dip in your leftover tomato soup or favorite dressing!



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## Fast Facts

- It's not when you eat, it's what you eat.
- Staying up late? Choose a low-fat snack that combines carbohydrates and protein.
- Need to sleep? Try having a banana with warm milk.



(above and below) STEPHANIE PLUMERI FOR NOURISHING NEWS

# Is Late Night Eating OK?

By **SUSAN HURD, RD LDN**  
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Many cultures eat their largest meal in the afternoon and dinner later in the evening perhaps around 9 pm. In the US, we wait until the evening to sit for a bigger meal often because hectic days leave less time available to dine. We also skip meals throughout day and splurge on a big meal to "make up for what we missed" all day. Unfortunately, this is not the healthiest course for the body. This lack of balance in our eating habits affects our energy levels, puts us at risk for overeating which potentially can lead to other health consequences.

Americans sometimes feel that eating after dinner, late in the night, leads to weight gain. This is a myth. Penalties related to eating late have less to do with timing and more to do with the quality and quantity of what we eat. Believe it or not, the body will utilize whatever you eat, whenever you eat, regardless of timing. When you overload it with food at any given time, morning, noon or night, the body stresses and works harder to metabolize what you've eaten.

The key is to be smart in your choices and timing, feeding the body what it needs when it needs it. Your body requires energy and

healthful food at regular intervals. A good rule of thumb is to eat smaller amounts of food more often, say every 4-5 hours. This means that if you have dinner at 6 and are still up studying at 10, it is fine to have a bite to eat. Perhaps the best option isn't half of a pepperoni and bacon pizza, but a slice of plain or veggie instead.

Consciously consider what you've eaten all day. Late night snacking is a good place to fill in a food gap with something you missed during the day. Plus, if you've spread your calories out throughout the day, keeping your energy up, chances are you will less likely binge on junk food and more likely opt for something more healthful. Choose wisely from all of the food groups as this is what the body truly wants and needs.

