

INTRODUCTION

Good morning.

Welcome again to another edition of Let's Talk Ed with Professor Chris. Please, if you haven't subscribed, please do so.

Today's edition is very, very special.

First interview I did was actually work for student management and they said student spend more money on food in college than anything else, and I was very surprised.

So we're here today, to save you some money.

But before I do that, I need to read this out since I haven't memorized this first.

Students do spend more money on food than anything else through their college career.

That's a fact.

The average cost of food per month for for a college student is \$547.

College students spend more on an average \$341 a month eating off-campus. Meals cooked at home average about \$206 a month when the cost of eating off campus is included. The campus meal averages \$563 a month.

Not from me, this is from the Education Data Initiative.

Our special guest today says she has the plan that should be enough to feed one college student three meals a day for the entire week for around \$75.

I have spent \$75 at one sitting, so that is very impressive when you consider that the average fast food combo cost between \$4 and \$7, and that is more of your fast food and maybe pizza that is roughly \$40 a week savings at minimum.

Bonus... energy, brain power and more should be much better eating this way than your fast food all the time.

This is a direct quote from our guest today and the nutritionist, Miss Wendy Pedraza.

WENDY PEDRAZA: Thank you. Happy to be here. I love that intruduction.

CHRIS O'RIORDAN-ADJAH: Thank you.

So usually what I like to do is just start with a little bit background about yourself.

Tell me a little bit about your college life. Were you eating healthy?

WENDY PEDRAZA: I was not and I just want to say at the outset that I think there needs to be some balance there that you know, it's not all about healthy eating.

I think college and really life in general is about balance and there's time for sort of indulgences and fun foods, and there's time for the more nourishing foods.

And as long as we kind of listen to our bodies, we can have both.

I would say I probably was not listening to my body in college and I paid for it.

I remember being tired a lot, having stomach issues and probably eating out and using a lot of my budget on food that was probably very pricey, so no, I was not listening to my body in college, but my undergraduate was an NC State, so here in Raleigh and my master's degree was at Meredith College, also here in Raleigh.

And I took some classes here at Wake Tech trying to get into Graduate School because it is so affordable and wonderful, but also very challenging.

I took chemistry on this very campus about eight years ago, so have a very much when affinity for Wake Tech.

CHRIS O'RIORDAN-ADJAH: Great.

So what is it that click to you to say I need to go to nutrition?

WENDY PEDRAZA: Yeah, so completely off my radar in undergrad, so I was a Communications major.

I worked for the Raleigh Chamber of Commerce right out of school and then was a stay-at-home mom and it really was just my personal journey with food that made me fall in love with the fact that food can make you feel so much better.

I had stomach issues my entire life and then just raising kids.

I had probably about a one-year-old and a four-year-old when it really decided I wanted to go back to school.

When I started taking classes here and just seeing how challenging it was to feed them but kind of seeing how much better I felt when I ate in a certain way and really just the power of nutrition.

And so I started reading about it and loving reading about it and loving how I started to feel.

And so people started asking me for advice.

But I realized that I really wanted to get the actual information before I started giving advice, and so I did some research and found out that I needed to go to school and be a registered dietitian, which was not an easy road.

It was prerequisites and grad school, and then a one year postgrad internship unpaid.

So, it was quite the journey you had to really want it.

And I love my life now getting to do stuff like this... So it was totally worth it.

CHRIS O'RIORDAN-ADJAH: I am happy you took that journey because that's why we have you here.

WENDY PEDRAZA: That's right.

CHRIS O'RIORDAN-ADJAH: I should also point out that this is gonna be that three-segment section as we go through the process I'm gonna ask Miss Wendy to help us with breakfast, lunch and dinner.

Right, so let's get right into breakfast.

WENDY PEDRAZA: OK.

CHRIS O'RIORDAN-ADJAH: I am terrible when it comes to breakfast.

Let me just put that out there.

So back.. I know you do have some plans for us for some breakfast ideas.

When I was in college, my typical breakfast and was that cereals.

WENDY PEDRAZA: OK.

CHRIS O'RIORDAN-ADJAH: What's a good cereal? What's a bad cereal?

Would you recommend for breakfast?

WENDY PEDRAZA: OK. And that is, you know, I really believe in meeting people where they are being realistic, even though maybe I don't eat cereal now as my breakfast.

I certainly did in college.

I understand you want to sleep as late as you possibly can have something cheap and get out the door quickly and so cereal can be a good option.

I just would look for cereals that have some protein and fiber in them.

And so, I think things like the cereal from Kashi offer some good options.

Fiber one, and recognizing that those might not taste the best, you could kind of mix it and sprinkle it in with whatever your favorite is.

I also would recommend Fair Life milk because Fair Life milk has a really good amount of protein in it and so if your cereal isn't gonna have any protein, at least you can kind of feel your belly with that milk.

So I always recommend that to my clients who you have cereal for breakfast.

CHRIS O'RIORDAN-ADJAH: What about hot cereal... oatmeal?

WENDY PEDRAZA: OK.

Yeah, oatmeal is great.

So, oatmeal gonna have a little bit more protein and naturally has some fiber.

I think oatmeal is a great option and this is not something college students would have to worry about, but maybe you and I think about oatmeal is also great for cholesterol.

So uh it... uh, it it something that I recommend people watch their cholesterol or people who just want something kind of quick?

Even better, if you top it with like some slivered nuts, or maybe some berries or diced apple and kind of beef it up a little bit to add some fiber and nutrients.

But oatmeal can be a really good option.

CHRIS O'RIORDAN-ADJAH: OK. My other breakfast option is hot chocolate and bread.

I love bread and I grew up in a bakery, so maybe.

WENDY PEDRAZA: Oh my gosh.

CHRIS O'RIORDAN-ADJAH: I love bread.

So let's talk about the drinks. Uh, some suggestions on good beverages for breakfast.

Hot chocolate. Orange juice. I think it was two.

What would you recommend it?

We'll we'll get to the bread.

Yeah.

WENDY PEDRAZA: So first and foremost, my preference and what I think is healthiest is to have a big glass of water when you first wake up.

If you think about it, we are all we haven't had anything to drink since the night before.

Maybe one little sip during the night, but you actually wake up a little bit dehydrated.

Whether you realize it or not, uh and things like coffee, anything with caffeine in it is dehydrating.

It's a diuretic, so it actually exacerbates your dehydration.

Rather than adding to it and really anything other than water is not exactly what we need right in that moment.

So have some water, have maybe 8 ounces of water.

Beyond that, have no problem with orange juice. Great source of vitamin C, which we all need right now this time of year, especially.

Hot chocolate... If you use some Fair Life milk, get some protein in there. I don't really have a problem with that. As I say, everything in moderation.

Don't drink it all day.

Make sure you're getting some water in there, but pairing that with bread only might not be the most filling breakfast.

CHRIS O'RIORDAN-ADJAH: What if I add eggs?

WENDY PEDRAZA: Adding eggs would be great. Yeah.

So you're gonna hear me say protein a lot.

That's something that I think, especially in college and younger kids kind of forget, they kind of gravitate towards some of the more carb-based things, which is fine.

But we just want to pair it with protein. Protein is what fills us up. Give us a little bit more sustained energy.

So having the hot chocolate, the bread and some eggs would balance things out really well.

And then in my view, the only thing you're missing is a little bit of fiber.

So maybe grabbing an orange or an apple or something like that.

CHRIS O'RIORDAN-ADJAH: What's a good bread?

WENDY PEDRAZA: OK. I always look for at least 2 grams of fiber per slice, and I know that's very specific, but the bread aisle can be very overwhelming.

So and also very misleading. So there's nobody monitoring the health plans that they put on bread.

So it'll say, honey, we all natural, blah blah, all these words, that kind of sound good, but really, they're not beholden to anything if you turn it over and look at the ingredient list.

So look for whole wheat flour to be the first ingredient and then look for about 2 grams or more of fiber per slice, and then you're getting a little bit of nutrients along with the bread.

But all that just say every once in a while like a really good piece of white bread with some butter on it.

Nothing wrong with that.

CHRIS O'RIORDAN-ADJAH: Thank you.

WENDY PEDRAZA: Yeah.

CHRIS O'RIORDAN-ADJAH: Thank you.

What's a good time to have breakfast?

WENDY PEDRAZA: So, from a blood sugar regulation standpoint... Energy regulation standpoint, the best thing that we can do for our bodies is eat within an hour or two of waking up.

Two is really kind of pushing it, so by that point we've fasted all night, right?

So our blood sugar is starting to go down regardless of how great of a dinner we had the night before.

Blood sugar starting to go down if we don't eat and we get up and we start moving around and we start using what little bit of energy we have left.

Our blood sugar is gonna go down, down, down, down, down and then if we don't feed our body, our liver is actually gonna release some glycogen, which then turns into glucose.

Spikes, our blood sugar, and that's not good, so that can cause not only just short term, can it cause sort of an energy spike and then a crash.

But long term, that's not great for our blood sugar and can lead to things like diabetes.

CHRIS O'RIORDAN-ADJAH: So when I wake up at 6, I should be having breakfast by 8?

WENDY PEDRAZA: Yes, that would be ideal. Yeah.

CHRIS O'RIORDAN-ADJAH: OK, when I wake up and I work out, should I be having breakfast earlier or still two hours? It's OK.

WENDY PEDRAZA: Are you working out right when you wake up or...

CHRIS O'RIORDAN-ADJAH: Correct so I wake up at 6. Let's see. I wake, I wake up for about an hour. Yeah, that takes me to 7.

Should I be having breakfast at 8 from the time I woke up or should I be having two hours from when I went out?

WENDY PEDRAZA: Hmmm, I see what you're saying. And I do the same thing.

So I work out first thing in the morning and that's completely fine.

I don't think you need to eat before that by any means.

Still going ahead and eating within two hours of waking would be ideal, and then for working out if you're doing something like lifting weights, you've torn apart your muscles, right?

Even running and your muscles, your protein is trying to rebuild, so your muscles have been torn apart and this is what leads to muscle soreness, so having some protein within 30 minutes, there's a 30-minute window where your muscle fibers are really working hard and they're still

kind of energized. They're trying to rebuild, so for toning and muscle definition and you'll alleviate soreness.

Some protein within about 30 minutes of that workout would be ideal for those factors.

Still, if it's not until 8 or so that you eat, but you really will have used what little bit you have to workout.

And again, I said I do the same thing.

If it's not, it's not always possible for me to eat right away, so I have like a banana with a little bit of nuts.

And then maybe have my actual breakfast an hour or two later.

CHRIS O'RIORDAN-ADJAH: I was just gonna ask you about fruits and breakfast.

So what are some of the foods you will recommend for breakfast?

WENDY PEDRAZA: Really, any fruit.

Yeah, if you like fruit, whatever fruit you gravitate towards and berry, things like berries are the highest fiber, lowest sugar.

But especially for college students, I don't want them to worry about that kind of thing.

I just want them to have some fruit.

Yeah, just colorful, whole foods as much as possible.

And you know, for a budget things like apples and grapes and bananas are gonna be a lot cheaper.

So just keep those around.

CHRIS O'RIORDAN-ADJAH: So, what you're saying is no Pop Tarts for breakfast?

WENDY PEDRAZA: I did Pop Tart... Pop Tarts in college, too.

I when you said that I thought that was very funny because I had the cinnamon Pop Tarts with a little bit of butter every morning before class and then couldn't figure out why I was starving during class because that is a processed carbohydrate.

Which is fine to have in our diet, but we need to have some protein with it.

That is used and is gone so quickly in our bodies. And so, it just is not a sustainable source of energy.

CHRIS O'RIORDAN-ADJAH: Ok... last one... Yogurts.

WENDY PEDRAZA: Yeah, that's actually what I eat for breakfast every day.

Greek yogurt is better because it has a lot more protein in it.

It's been strained and it's sort of the concentrated version of the regular yogurt.

Uh. And you know, just kind of keeping an eye on what's in it, sometimes yogurt can almost go more towards like a dessert with, like, the flips and the things like that.

But again, college students should should enjoy life and eat their flipped yogurts.

But just having some some Greek yogurt with a little bit of fruit could be a perfectly balanced breakfast.

CHRIS O'RIORDAN-ADJAH: Nice.

All right, so I must admit my kids love Chick-Fil-A breakfast.

They love the little... egg biscuits, most students think is the easiest way to drive by McDonald's and grab some quick breakfast.

What's suggestion or advice do you have for myself and our students who do? Is it OK to do once in a while, is it not OK to do it?

But what? Yeah.

WENDY PEDRAZA: As you can tell, I'm really all about balance and I don't ever put anything on the never list.