 OPERATION FIND FOOD

MISSION ACOMPLISHED

ICE MASTER
TASTE ‘N’ SNAP
Research shows social media has changed dining experience

ANGELIQUE DUCOUNGE
Contributing Writer

S
ixty percent of U.S. diners report browsing social media while dining, and 75 percent say they’ve chosen places to eat based off these pictures alone, according to a National Dining Trends Survey by Zagat. Sophomore broadcast media major Aleigha Alexander is one of the people.

“I’d seen pictures before on Instagram [of avocado toast] so I was like ‘the hype, you know?’ Then, I go to Cheesecake Factory with a friend and I see that the person sitting next to us had ordered avocado toast, so I thought ‘why not?’” said Alexander. “It was one of the cheaper things on the menu and Instagram had already made me curious.”

Catherine C. Coccia, assistant professor here and registered dietician, provided some insight on this phenomenon.

“...Food advertising in traditional ways (such as TV and radio) increases our consumption of the items being advertised. Social media and our images of food on social media websites may create similar reactions in the viewers.”

A study conducted by Coccia and her research team also found that posting pictures of your food can also influence your diet and affect nutrition.

“A recent study done by my research team found that posting food selfies or pictures of your meals on social media websites may actually decrease the calories that you consume,” said Coccia.

A few years ago, 50 student-athletes at the University participated in her study and were asked to follow them on Twitter and respond to their research account for a six-week period.

“At the end of the intervention, we found that nutrition knowledge scores increased, fat intake decreased and the subjects actually decreased their body mass index scores,” Coccia said. “So social media can be a powerful tool for changing health behaviors, it just depends on how you use it.”

It’s a phenomena that’s not limited just to Miami, according to Bailey Cullen, a sophomore recreational therapy major who transferred from Philadelphia.

“My friend and I used to freak out over rainbow bagels,” Cullen said. “She’d send me pictures that she’d found on Pinterest all the time until we finally went to this place called Bagel Hut, they were even better than what they looked.”

Students add that videos they see on social media sites like Instagram, Facebook, Snapchat, or Pinterest, also pique their interest.

“I first saw rolled ice cream on one of those Facebook Tasty videos,” said sophomore broadcast journalism major Alicia Nwajei. “It looked so good that I just thought to myself ‘you have to try this’ and found an ice cream bar that served some in North Miami...”

From social media’s perspective, we can see how pictures of food can attract students from places like The Biscayne Bay Campus, like Bailey Gleason.

“A friend told me to check out the on campus Jamba Juice. I’d seen those energy acai bowls on Instagram and had people sending me snaps of it while they were eating it,” said Gleason. “It was totally worth the hype.”

Part of the appeal of energy bowls and rainbow bagels, Gleason said, might lie in their distinctness.

“They’re different, out of the ordinary,” he said. “They look good online and not something you eat every day.”

Zagat’s national survey further reports that 44 percent of diners say they take pictures of their food to share on social media while dining out, and that 60 percent admit to even stopping their companions from eating so they can snap a picture of their food, too.

“Someone takes a picture, it spreads, and suddenly this is the new thing you have to try. Next month it’ll be something else... I don’t think that that’s bad like I’m basing everything I eat around what I see on social media,” said Gleason.

Food, specifically, is a big driving factor when it comes to adolescents and social media.

“Food media might be a great forum for ideas, pictures, and recipes,” said Coccia. Coccia notes an increase in the number of people looking to social media for health advice and recommends looking for reputable sources.

“Just because a person has a lot of followers - doesn’t mean that they are a credible source of health information,” she said.

Additionaly, there are a lot of masters programs and doctoral programs that are looking for students who are interested in academia specific to food research.

“Programs with the food sector in universities such as Cornell, Boston University and Stanford, which all have major food programs, would probably look favorably on students who have already some experience with food studies,” she said.

Although it is just launching this semester, Hollander had originally drafted the food certificate program that is now being initiated in 2015, saying it’s a long process but “worth it.”

When she first discovered other faculty were teaching courses relating to food, she was excited about the possibilities.

“The certificate is very multi-disciplinary, food is a part of everything we do,” said Hollander. “It has faculty from history, religious studies, nutrition, the humanities, you name it.”

The professors, involved in the process began to meet and talk about it, and Hollander said they were so many on board, “it wasn’t too hard.”

Douglas Kincaid, sociology professor teaching “Social Theory,” said his class mixes in geography, sociology, and anthropology but it also relates to the slow food movement in particular, making it a core requirement for the program.

“Food is an intricate part of human history, it also intersects with interests in environmental issues, since our current food system is unsustainable, and so there’s that dimension,” said Kincaid. “There’s also students who could be interested in the health and nutrition aspect, or the social inequality aspect of it.”

He said the topic is so diverse that students with a variety of interests could be interested in the program, which is why it was created in the first place.

“These are big issues that students are typically interested in, and it all comes together in food,” said Kincaid.

David Ortiz, a student currently taking the course, said he found it very enlightening. “I really like the class, it’s on the slow food movement and it’s really interesting,” said Ortiz.

In addition to the core courses that qualify for the certificate, Hollander said that courses students think are relevant to the certificate could always be added, it is a relatively new program.

“There could always be courses that have to do with food that we might have missed, so I am always open to suggestions.”

Food: ‘intricate part’ of history

ZUE LOPEZ-DIAZ
Assistant News Director

T o accompany the growing interest in food at the University, professor Gail Hollander introduced a new food studies certificate to the course catalog.

Hollander thought of the idea the first time she taught her now-well-known, course Global Food Systems, which was an experimental course at the time.

“At the beginning of the course, I taught the students about sustainability, and they were like ‘isn’t this a concern?’” said Hollander. “When I first taught the course, people thought it was a weird topic, but now everybody gets it.”

Hollander went on to say that she has had students writing personal food essays for years, and that the concept of sustainability has really changed a lot because people are thinking a lot more about food.

“There’s also more professional programs being offered in food studies,” said Hollander. “Even in hospitality, sometimes the students want to know more about food than just how to prepare it. There’s positions in food safety, in local business, in anything really, you just have to tie it in.”

Additionally, there are a lot of masters programs and doctoral programs that are looking for students who are interested in academia specific to food research.

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The Entertainment section polled MMC students, faculty and staff about their food preferences, many of which don’t surprise me. We also took a closer look at what student thinkers think are the healthiest options for on-campus dining.

And, as always, our Sports writers provided information on maintaining a healthy and active lifestyle supplemented by the foods you eat.

Thanks to a testimony from a student who attended the Healthy Snacks on Campus Affordability forum, we provided a cheat-sheet on keeping costs low as a student. We also added a food bowl section.

We hope that this magazine becomes a resource for those who don’t know all that the University offers in terms of food.
Students discuss food options on campus and awareness on nutritionist services

ARIANA RAMSUNDAR
Contributing Writer

While the University offers free consultations with registered dieticians and nutritionists, many students are unaware of these services or have not yet taken advantage of it.

“They’ve seen signs and flyers posted throughout the school in the bathrooms and on walls advertising these services, but I haven’t looked into it much,” said Vivian Crespo, sophomore biological science major.

Located in the Student Health Center, the nutritionist service offers free consultations for students to work on such as weight management, meal planning, sports nutrition, chronic disease management through diet, according to the University’s Student Affairs website.

“I am very specific about what I eat, I watch my grains, starches and I stay away from red meat,” said junior political science major Jameka Lawson. “I want to know more about some healthier choices that I could be making.”

One of the issues students face is variety in healthy dining options.

“We have variety with what we can select but, the options are not healthy,” said sophomore psychology major Anya Klumpp. “The only truly healthy restaurant nutrition-wise is Salad Creations, but they are really expensive, especially for college students. $12 dollars for a salad will add up.”

Sophomore finance major Claudia Ortuzar echoed that sentiment.

“When I do eat on campus, I mainly look for how healthy the items are and the price. There aren’t that many options when it comes to selecting healthy options,” said Ortuzar. “There is Subway which is healthier than the other options, but that is not the best.”

Lawson added that while she thinks there are few well-balanced options for students, Pollo Tropical and Moe’s are on the top of her list because of their use of black and red beans.

“Personally, I like eating healthy and it’s really hard to find healthy options on campus,” said Celeste Talavera, sophomore political science major. “I want to try more options but there is no choice other than these.”

Some students also worry about what goes into the food before it is prepared.

“I know that the food options here at FIU are not healthy or clean, the food is filled with GMOs and hormones,” said Amanda Radcliffe, sophomore psychology major.

Upon introducing and discussing the nutritionist service offered for students, many students are willing to give the service a try.

“I will try it out, I know that I don’t have the best eating habits, but it’s always good to try it out,” said Crespo.

Some students, like freshman accounting major, Diana Pereda, know of the service, either through flyers or word-of-mouth and forget to follow up. Others like freshman marine biology major, Daniela Lorenzo who learned about this service from her SLS class, simply choose this service isn’t for them. However, some students note the possibility of expanding their food options.

“I am a picky eater and I am always on the go so when I make a selection it is normally something that I can get and consume quickly, like chicken nuggets,” said Celeste Talavera, sophomore political science major. “I would go to the nutritionist to expand my meal options beyond what I currently consume.”

Talavera who expressed that students are tried having to eat the same thing because the healthy options are limited is willing to give the program a try.

“Now that I know about the services offered, I would consider going. I would like to explore more options of what I can have healthier alternatives,” said Talavera.

Radcliffe added that going to see a nutritionist would help find variety and the right foods to keep her energy up while on campus.

For more information on the Free Dietician and Nutritionist Services, visit the Student Health Center, room 180 or call 305-348-240.

The Student Health Services department was unavailable for comment at the time of publication.
Coffee plays an important role to all college students and faculty members by keeping their minds and bodies focused.

During the last week, Feb. 17 through Feb. 19, students were polled about where they go for coffee on campus and why.

The results are as follows: at Starbucks, 70 percent of students and faculty go there due to better prices, a better environment, the timing as it’s open until 11 p.m., and they can study there or hang-out together, have meetings, and get-togethers, etc.

At the bookstore, 15 percent of students and faculty go there for its better prices, because it has a Starbucks coffee machine, it’s close by, and because they can grab a book and have coffee at the same time.

At Café Bustelo, 10 percent go because it’s near their class and it has a good environment. Only 5 percent go to Dunkin Donuts because it’s far and it’s more crowded than Starbucks.

Given the data, most of the students and faculty polled love to go to Starbucks and they go because they like its environment.

University’s on-campus dining locations that offer both vegan and vegetarian food options for students. “The P.O.D. has a bunch of vegan options. Their hummus cups are my current obsession,” Delgado said.

The P.O.D. has a bunch of vegan options. Their hummus cups are my current obsession. Heather Delgado, Sophomore

She feels that knowing what to order makes it easier to stick to healthy food options on a student budget. “It’s not so hard on campus because you can ask for substitutions on orders to cut out the things that may not be so great for you. What I sometimes do is that I go to Recharge where you can get fruit for $1 and pair it with a side of sandwiches that they also sell. It’s not expensive at all. You’d basically be spending the same you’d spend anywhere else on campus for lunch,” Delgado said.

Not everyone has the same opinion though. Tiffany Cedano argued that fast food in general is cheaper, no matter where students go.

“You can get a meal at Burger King for $3 to $6, while a salad anywhere else might cost you $7 to $10. Fast food can be more convenient if you live on campus, too. Students would rather stop and get some fast food than go home and have to cook a healthy meal after a long day,” the biology major said.

In spite of this, however, Cedano agreed that healthier food options are still more worthwhile in the long run.

“The PO.D. is one of the healthier options on campus. You can get this combo with two chicken

W ith over 2 0 on-campus dining locations to choose from, eating healthy while on a budget is not impossible for FIU student than expected.

Heather Delgado says she is a student on a budget who regularly buys low carb, low calorie meals. The psychology major has her own take on how to adhere to a healthy diet.

“Tropical Smoothie Café, Salad Creations, Juice Blendz, the P.O.D... Those are my usual go-tos. They have salads, low calorie smoothies, high protein foods, and healthy carbs. Jamba Juice has these small acaci smoothies with 20% iron that I’m totally in love with, and when I stop by Subway I usually order their Veggie Delight sandwich with no mayo or cheese,” Delgado said.

As a vegan, Delgado is appreciative of the University’s on-campus dining locations that offer both vegan and vegetarian food options for students. “The P.O.D. has a bunch of vegan options. Their hummus cups are my current obsession,” Delgado said.

BBC has fewer vegan options

BBC is half the size that Panthers have, but it has the same opinions and thoughts about the options at BBC.

“In general I don’t think there are enough places to eat and I don’t think there are enough options, especially on this campus.”

While Anjuman is not vegan or vegetarian, she does not eat the meat on campus so she is always looking for vegetarian options.

“Biscayne Bay is home to an array of food options that Panthers have, but BBC has the half the size and has fewer food options. This can be a problem for vegetarians or vegans who might have a difficult time in finding a place to eat.

Vegans are defined as a person who does not eat or use any animal products, such as milk, eggs and sometimes honey.

Vegans are restricted to less choices since they are not vegetarians or vegans who might have a difficult time in finding a place to eat.

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There are options, but I think they can also increase more because I know there are a lot of people who are vegetarian or vegan and are looking for options. Even though I am not vegetarian, I always look for vegetarian food options and sometimes I find them, sometimes I don’t,” said Anjuman.

Finding options seems to be difficult and while there are options available, the choices can become repetitive.

“Vegetarians have more options than the vegans and they can be more creative. [For example] they can add barbecue sauce on the veggie patty and onions to make it something similar to the chicken and barbecue pizza,” said Ramirez.

FIU does have a website, fiu.campusdish.com, that lists every eateries located at both MMC and BBC. The website also has a link that provides the nutritional information for these restaurants.
‘Emotional eating, a better term for stress eating’

MICHELLE SILVA
Contributing Writer

Less than 35 percent of Panth ers asked about eating because of stress recognize that they have done it at some point, but according to Counseling and Psychological Services postdoctoral fellow Rebecca Chermak, the number of people that stress eat is closer to 90 percent.

Chermak explained that it is not bodily hunger but rather emotional hunger that typically drives stress eating.

She said that students might stress eat as a way to regain control over their lives when they feel that their love lives, work lives, and/or academic lives are controlled by others.

“A lot of people will turn to food and say, ‘you know what? I’m so out of control with what’s going on in my life?’” said Chermak.

However, not all students have experienced major stress eating as mentioned by sophomore Melissa Garcia.

To understand why most Panth ers polled in MANGO’s lounging area echoed Garcia’s thoughts, stress eating can be looked at from a different point of view by conceiving it in terms of emotion-driven eating, a concept Chermak expounds upon.

“Emotional eating is a broader term that would make people feel more comfortable,” said Chermak.

While some students do not identify with eating during times of stress, many identify with eating cake on a birthday or other event-specific food during a celebratory occasion despite not being hungry, as was done by Janina Krazel.

Krazel’s example of eating because of societal cues is solidified by Chermak’s explanation that at some point, everyone has engaged in some form of emotional eating.

The reasons people hold back from eating stress or practicing in emotional eating are multi-faceted.

For sophomore Christina Padron, stress eating is a stress-driven behavior.

“When I’m under extreme stress, it’s kind of one of the things I would deal with that stress,” said Padron.

She does not, however, exclusively cope with stress by eating, listing prayer among other outlets.

Redirecting emotions through other avenues, such as focusing on mindfulness, is the key to overcoming emotional eating, according to Chermak.

By focusing on the speed and timing of eating, as well as the flavors and colors of food, people can counteract emotional eating.

If students find themselves stress eating or emotional eating, they can contact CAPS or Student Health Services in person or at studenthealth.fiu.edu where university health professionals can work together as a team to help students regain healthy eating habits.

Plant Based Society creates ‘community on campus’

JOSHUA CEBALLOS
Staff Writer

The main focus of a college student is to excel academically and gain experiences that will help them succeed once they leave FIU. Because of this focus, some students put all of their financial resources towards their education and other college-related expenses. This leaves students struggling to pay for simple necessities like food and housing. Food insecurity is a lot more common than we may perceive. There are about 54,000 students enrolled at FIU, and it is estimated about half face food insecurity or are at-risk of being food-insecure. Lack of food can have a negative impact on a student’s ability to concentrate and perform well. At FIU there are resources available for those who want to help and those who may need support. FIU has a food pantry that is available for both students and staff (MMC 166) and BBC (WUC 307). Students can visit once a week to receive up to ten pounds of food. Students do not need to show proof they are in need. Only a student ID is required to verify enrollment. If you would like to help your fellow Panthers, you can donate non-perishable food items to the Center for Leadership Service at MMC (GC 242) and BBC (WUC 335). Along with the food pantry, there are additional programs and opportunities available on campus that provide food for students. Counseling and Psychological Services (CAPS) and Victim Empowerment Program (VEP) use a hashtag #feedbackfood which identifies programs with free food available. If you are a student pantry leader hosting an event on campus, there will be food available for students, consider using the #feedbackfood hashtag to promote the event.

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LET’S TACO ‘BOUT IT
Photoshop feeds into negative body issues

Photoshop has been around since the creation of advanced software and there’s an unlikely chance that you have seen an unretouched photo of Angelina Jolie on the cover of Vogue. Despite her striking features and her thin body, Jolie has been altered to fit the idealized realm of beauty. However, in the past decade, companies like Aerie, Modcloth, and Seventeen Magazine have banned the use of Photoshop on models.

The fact that companies are joining this movement to ban Photoshop just goes to show how revolutionary the movement is. The reason that Photoshop is so detrimental to society is the fact that it has a heavy and pernicious effect on the human brain, particularly on American women.

According to Livestrong, American women weigh an average of 166.2 pounds and are 5 feet 2 inches tall. In a 2010 Center for Disease Control poll, the ethnicity of American women was heavier than their global counterparts. There’s no debate that American women are bound to compare themselves to actresses and models that are approximately 5 feet 8 inches and weigh 120 pounds. That is a whole different spectrum as opposed to the average woman in the U.S. So, what’s the problem with Photoshop?
The problem with Photoshop is that it directly correlates with the prevalence of eating disorders in the U.S. The fact that there’s a software that can make a 120 pound supermodel appear even thinner causes the average woman to question her beauty and her weight.

When a slight “tummy roll” or even a shade of cellulite is blurred off a catalogue model, they seem unreal in comparison to the reflection that women see in the mirror. In turn, this causes women to wonder and beat themselves up about their inability to reach that level of perfection. So, with this damaging mentality, the development of eating disorders begins to creep in. For a 166 pound woman to reach 120 pounds, she would have to stop eating altogether.

According to the National Association of Anorexia Nervosa, “At least one person dies as a direct result from eating disorders every 62 minutes” in the U.S. This shows that eating disorders have the highest mortality rate of any mental illness, even depression — although, a correlation is not unlikely. And what’s even more troubling is that this mentality is passed on to children and adolescents.

According to Time magazine, 50 percent of girls between the ages of 11 and 13 see themselves as overweight and 80 percent of all children interviewed have been on a “diet” by the time they’ve reached the fourth grade.

Photoshop doesn’t dictate whether or not the fork in your hand makes way towards your mouth. However, this software does trigger the mind into comparing yourself to unrealistic images, and this mentality has become the catalyst for eating disorders in America.

Photoshop not only blurs imperfections on images, but it blurs the idea of self love, the most significant type of love.

Daniela Perez is a staff writer for Panther Press. Her column, Pulitzer’s Phenomena, is a commentary on human interest.

Meat plans are not as beneficial as they seem

As the president of the Plant-Based Society at FIU and on behalf of my board, I would like to inform you of our organization and on campus.

ERICA MELAMED
Our organization was founded in the spring of last year and we have come a long way since.

The members of our club have grown tremendously, showing how large the plant-based diet interest is here at FIU. In only a small amount of time with a limited amount of publicity, we have reached over 250 members!

The purpose of PBS is to educate the students at FIU on the advantages of going Vegan and how doing so will be beneficial to one’s health, one’s ethics, and of course the environment.

Our goal is to be able to give the students at FIU a resource they can use to help guide them through the consideration of changing their lifestyles as well as the change of lifestyle itself.

We host speakers throughout every semester that give students a better idea of the benefits of leading a plant-based diet. Our speakers range from the topics of vegan bodybuilding to grassroots animal activism.

At every event, we always have free vegan food for students to try. We believe it is important to showcase the variety of food choices you have as a vegan because of the common misconception that all vegans eat plain salads.

At the FIU MCC campus alone, students have tons of vegan options. The problem is that they are not properly advertised so students would never know without doing some research.

FIU currently has a vegan vegetarian guide, but it is in no way helpful for actually ordering food at FIU. While FIU does have some decent options for students at FIU, there could always be more.

Our organization was very surprised to learn that the new spot on campus, Vicky’s, does not have a single vegan food option.

The negligence to cater to such a large portion of FIU students who regularly eat on campus is a major blow to the Plant-Based community.

One of our missions, as an organization is to have FIU put in an all-vegan dining and to offer more vegan options at already existing eateries on campus.

Our hope is that we can help students gain some new active members for our club, whether they be vegans, aspiring vegan, or vegan-curious.

We welcome all FIU students to the PBS.

Erica Melamed
President
Plant-Based Society

FIU makes meal plans mandatory for students living in Panther Hall and Lakeview North and South, but are they really worth it?

While some students may find it convenient to include a meal plan with their housing, others might not feel the same.

There may be students, like me, who would prefer living in Panther Hall or Lakeview if they would be able to opt out of the required meal plan.

The meal plan mandatory dorms are not only nicer than a few other dorms on campus, but the room rates would also be the least expensive if the meal plans were optional.

These mandatory meal plans make it seem like the university is trying to restrict a certain quota of purchases instead of trying to make life easier and more affordable for students.

While there are six different food stations set up buffet style, seven out of 10 times I go to Fresh Foods, the food is the same and while it does sometimes change, it’s not often.

Also, while the food offered at Fresh Foods is said to be quality food, this may not always be the case and may make students feel like they’ve been ripped off. From personal experience, the meat and fish has been overcooked and undercooked on many occasions and the food is not always flavorful.

While their food may not always be the most diverse, Fresh is open for a reasonable amount of time throughout the day. Monday through Thursday they are open from 7 a.m. to 11 p.m., but they do close earlier on Fridays and weekends. On Fridays, Fresh is open from 8 a.m. to 9 p.m. and Saturday and Sundays from 9 a.m. to 9 p.m.

There are a different mandatory meal plan options and students could potentially save $1,899 to $2,099 if they weren’t required to purchase them.

The way I see it, meal plans can only save you money if you’re unable to properly budget your money for meals throughout the day or are unable to buy groceries to cook if your dorms have kitchens.

Alibi Lconte is a contributing writer for Panther Press. His column, Social Scoop, is a commentary on social issues and pop culture related matters.

LETTER TO THE EDITOR
The campus needs more vegan options

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Our organization was founded in the spring of last year and we have come a long way since.

The memberships to our club have grown tremendously, showing how large the plant-based diet interest is here at FIU. In only a small amount of time with a limited amount of publicity, we have reached over 250 members!

The purpose of PBS is to educate the students at FIU on the advantages of going Vegan and how doing so will be beneficial to one’s health, one’s ethics, and of course the environment.

Our goal is to be able to give the students at FIU a resource they can use to help guide them through the consideration of changing their lifestyles as well as the change of lifestyle itself.

We host speakers throughout every semester that give students a better idea of the benefits of leading a plant-based diet. Our speakers range from the topics of vegan bodybuilding to grassroots animal activism.

At every event, we always have free vegan food for students to try. We believe it is important to showcase the variety of food choices you have as a vegan because of the common misconception that all vegans eat plain salads.

At the FIU MCC campus alone, students have tons of vegan options. The problem is that they are not properly advertised so students would never know without doing some research.

FIU currently has a vegan vegetarian guide, but it is in no way helpful for actually ordering food at FIU. While FIU does have some decent options for students at FIU, there could always be more.

Our organization was very surprised to learn that the new spot on campus, Vicky’s, does not have a single vegan food option.

The negligence to cater to such a large portion of FIU students who regularly eat on campus is a major blow to the Plant-Based community.

One of our missions, as an organization is to have FIU put in an all-vegan dining and to offer more vegan options at already existing eateries on campus.

Our hope is that we can help students gain some new active members for our club, whether they be vegans, aspiring vegan, or vegan-curious.

We welcome all FIU students to the PBS.

Erica Melamed
President
Plant-Based Society

Meal plans are not as beneficial as they seem

Social Scoop

FIU makes meal plans mandatory for students living in Panther Hall and Lakeview North and South, but are they really worth it?

While some students may find it convenient to include a meal plan with their housing, others might not feel the same.

There may be students, like me, who would prefer living in Panther Hall or Lakeview if they would be able to opt out of the required meal plan.

The meal plan mandatory dorms are not only nicer than a few other dorms on campus, but the room rates would also be the least expensive if the meal plans were optional.

These mandatory meal plans make it seem like the university is trying to restrict a certain quota of purchases instead of trying to make life easier and more affordable for students.

While there are six different food stations set up buffet style, seven out of 10 times I go to Fresh Foods, the food is the same and while it does sometimes change, it’s not often.

Also, while the food offered at Fresh Foods is said to be quality food, this may not always be the case and may make students feel like they’ve been ripped off. From personal experience, the meat and fish has been overcooked and undercooked on many occasions and the food is not always flavorful.

While their food may not always be the most diverse, Fresh is open for a reasonable amount of time throughout the day. Monday through Thursday they are open from 7 a.m. to 11 p.m., but they do close earlier on Fridays and weekends. On Fridays, Fresh is open from 8 a.m. to 9 p.m. and Saturday and Sundays from 9 a.m. to 9 p.m.

There are a different mandatory meal plan options and students could potentially save $1,899 to $2,099 if they weren’t required to purchase them.

The way I see it, meal plans can only save you money if you’re unable to properly budget your money for meals throughout the day or are unable to buy groceries to cook if your dorms have kitchens.

Alibi Lconte is a contributing writer for Panther Press. His column, Social Scoop, is a commentary on social issues and pop culture related matters.
Penny pinching: How to save money and still eat

Being a university student in America is expensive, but there are ways to save pennies, and those pennies certainly add up.

Breezeway is overpriced. Those cheap cookies are fabulous, but if you’re going in for something other than the cookies, consider walking the extra mile to Publix to get cheaper and better quality food. MMC’s Recharge U, another overpriced stop on the way to class, has stopped selling Green Mountain Coffee, meaning that the only coffee options on campus live within the costly Starbucks chain and the sometimes working coffee machine at the Fresh Food Company. Of course, an even less expensive option is to make coffee and bring it from home every day.

Beware that most birthday promotions and coupons are not applicable on university campuses in restaurants like Moe’s and Chick-fil-A, for example, and the Starbucks Rewards system doesn’t work on campus. FIU has a food pantry available and although no proof of need is required to access it, it is obviously there for enrolled students who are distressed over the prospect of feeding themselves. If you’re skipping meals to save money, remember that you can take up to ten pounds of food once a week from the pantry located in DM 166 at the MMC campus, and WUC 307 at BBC.

The best way to save money at university is simply to be extremely conscious of it. Budget well and spend only what is absolutely necessary, and that’s when you should hunt for sales, coupons and discounts.

Publix has sales that change monthly, and keep in mind that every penny counts. It is better to spend money on experiences rather than things. There are ways to enjoy your experience at university without going into extra debt over your coffee breaks or even your groceries.

As students, we understand the struggle of finding reasonably-priced food options, and hope our tips help you out.

Eating genetically-modified foods is a personal choice

Do you ever wonder how much of your food is genetically modified? What amounts of fruits, vegetables and other crops have been chemically altered in order for you to reach for them in the aisle of a grocery store?

We live in an age where we are not strangers to the concept of our food being a genetically modified organism. According to the World Health Organization, “genetically modified foods are foods derived from organisms whose genetic material has been modified in a way that does not occur naturally.”

This concept was approved for commercial use and GMOs were planted in U.S. soil in 1996. Since then, the production has increased dramatically, according to Time magazine.

Slowly, but surely, the world has started to show more concern in regards to where our food is coming from. Whether that be eliminating meat, eating organic or looking for labels that state the food has been genetically modified.

There are a lot of concerns that have popped up in regards to GMOs, and the first and foremost issue is toxicity.

According to One Green Planet, chemicals and pesticides are commonly used to take care of crops, but this can pose a threat to other organisms such as bees and butterflies. In fact, bees are thought to be endangered and GMO crops are part of the reason.

Another issue with GMO crops is that the long term effects are unknown. “Evidence also suggests that small genetic changes in plants may produce even larger ecological shifts,” according to One Green Planet.

Right now, there is a long list of crops that are approved to be genetically modified with corn being number one. Other genetically modified foods include soybean, cotton, and tomato crops.

One final concern worth mentioning, as stated by One Green Planet, is that, “biodiversity, while it is critical in all ecosystems and to the sustainability of all species, is put at risk by GMOs.”

However, according to Lily Rodicio, a junior majoring in biology, as long as you take care of GMOs they’re not that bad for the environment.

“There are billions of GMO’s out there and the only ones that are considered bad are the ones that have pesticides,” Rodicio said.

Once again, we come back to the idea of pesticides and GMOs going hand in hand. When people think of the term GMO, Rodicio said, they are picturing something being created in a lab, which is not always the case.

“I am not completely sold on either side of the argument.

In the past few years, I have started grocery shopping on my own, and whenever I come across a label that says the food has not been genetically modified, it makes me want to buy the product even more.

But in a world where health has become an even bigger issue in recent years, I do not think GMOs should be our biggest concern.

We have so many choices when it comes to the food we choose to eat. Whether you eat genetically modified food, well, that’s up to you

Amanda Jung is a staff writer for Panther Press. Her column, Eyes on the Earth, is a commentary on current global environmental issues.

SEND US YOUR LETTERS

Have something on your mind? Send an email to opinion@fiu.edu. Be sure to include your name, major and year and a photo of yourself. Letters must be less than 400 words and may be edited for clarity and length. Panther Press will only run two letters a semester from any individual.

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EDITORIAL POLICY

Editorials are the unified voice of the editorial board, which is composed of the editor in chief, management, and the editors of each of the four sections. Panther Press welcomes any letters regarding or in response to its editorials. Send them to carla.bush@fiu.edu.
Eating and conditioning: Proper diet improves athletes’ well-being

PETER HOLLAND
Staff Writer

When it comes to being an athlete, everything is about eating and conditioning, including preparation.

Depending on the sport and the intensity of practices and training, the last thing an athlete wants to do is play on an empty stomach.

Sebastian Hoyos, a member of the Rugby Club, is on a strict diet which involves him eating six meals a day with limited carbs. The psychology and marketing major sticks to the diet because, he said, the sport consists of running and full contact. In addition to a strict diet, Hoyos said conditioning plays a factor when staying in shape.

“My diet consists of a keto style diet,” said Hoyos. “Our coaches make us run a lot to make us slim down depending on what position you are playing.”

The concept of a ketogenic diet plan is to improve well-being through a metabolic change. The primary cellular fuel source switches from carbohydrates based fuels (glucose) to fat fuels and fat metabolism products called ketones, according to ketogenic-diet-resource.com. In other words, it is a diet that involves low-carbs and high fat. So Hoyos would consume proteins and meals that has high fat and minimum carbs or none at all.

“I would eat like steaks or red meats since it’s high fats and proteins,” Hoyos said. “I try not to eat that many carbs. I would maybe eat like 30 grams a day along with almonds and broccoli.”

Another sport involving a proper diet is wrestling. When it comes to wrestling as an individual sport, dieting is important for wrestlers because of how they train and practice before their match.

“We believe a lot in conditioning, like all sports, we do a lot of push-ups and strength training. All of that is necessary for a fit body.”

Marcel Ozula, a member of FIU’s Wrestling Club. “Like all sports, your body is as strong as your mind so we do a lot of conditioning and a lot of push ups, strength training and a lot of core. All of that is necessary for a fit body.”

For wrestlers, before their matches they must plan their goals to meet their weight class. Some might have to lose a few pounds, while others might have to gain.

“It depends on the weight class you’re in,” said Ozula. “Depending on your weight division, whether you want go up or down, you would want to try to bulk or trying to cut. It depends on how long you’re wrestling, but I will get like 600 calories a day because we practiced like two hours.”

Ozula also eats six meals a day because of his training. He has to check the exact time, when he wants to eat each day, while in preparation for his next match, according to the psychology major.

“We plan our meals,” he said. “If you know you’re going to be out all day, you’re going to say ‘you know what, by 12 I’m going to eat lunch, by two I’m going to have a bar, by 5 I’m going to have a shake’. There’s a lot of planning.”

Typical American diet

64%

60%

20%

15%

22% 14%

Classical ketogenic diet 4:1

MCT ketogenic diet

Carbohydrate Protein Dietary fat MCT oil

How to address nutrition challenges for incoming college athletes

BRETT SHWEKY
Staff Writer

The transition from high school to college for athletes can be challenging for some, especially if diet adjustments need to be made to perform at the collegiate level.

Athletes are insisted to eat every three to four hours, according to Stack.com, a nutritional website for college baseball players. Eating three meals alongside two or three snacks daily helps athletes maintain energy levels and recover at an appropriate time.

Freshman third baseman Javier Valdes said the longer practices require players to consume a higher level of calories to help maintain energy.

“I’ve been trying to intake more protein,” said Valdes. “The days are definitely longer, and my body gets drained faster. So the extra protein helps the muscles get going again.”

Hydration is crucial for college athletes, according to Stack.com. Being hydrated allows players to properly burn fat, helps build lean levels and also increases energy levels.

Valdes said that staying consistently hydrated is key for new student-athletes.

“Since the practices are longer, I need to stay hydrated more efficiently throughout the day,” said the third baseman.

Student-athletes should often start their day with 10 to 32 fluid ounces since our bodies lose key fluids while sleeping. One should divide their body weight in half and drink that many fluid ounces a day, according to stack.com.

NUTRITION TIPS FOR NEW ATHLETES

Eat three meals a day with two or three snacks to gain lean tissues and maintain energy levels.

Longer practices require higher level of calorie intake to help maintain energy.

Stay hydrated to properly burn fat, build lean levels and increases energy.

Proteins can especially strengthen the muscles when energy is low.