

# The Student Food Guide



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# HOW TO EAT HEALTHY

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## Recomendations

1. Eat a varied diet with plenty of vegetables, fruits, berries, whole grains, fish and limited amounts of processed meat, red meat, salt and sugars.
2. Have a good balance between how much energy you eat and how much energy your body consume.
3. Eat 3 portions of vegetables and 2 portions of fruit daily.
4. Eat whole grains daily.
5. Eat fresh fish 3 days a week (fat fish and regular fish).
6. Avoid food and beverages that contains large amounts of sugar as a daily habit.
7. Be physical active for 30 minutes daily.

## Vitamin D

When your skin is exposed to the sun, it produces vitamin D. Because of the cold climate and long dark winters vitamin D deficiency is common here in Norway. Also People with dark skin produces less vitamin D when they are exposed to the sun compares to people with light skin. The food sources to vitamin D is therefore more important. The best vitamin D sources is fat fish like salmon, mackerel, extra skinny milk (ekstra lett melk) and eggs. We also use a special supplement called "Tran" wich is cod oil. This supplement has many health benefits and it's a perfect source to vitamin D.

**Vegan sources to Vitamin D:** The only known vegan sources of vitmin D is mushroom and specially chantarelles. But mushroom contains only vitamin D if it has been exposed to the sun, so go out and harvest in the woods. For better effect fry them gently in oil or eat with fish. Also look at products like oat milk and soya milk, these are usually added with vitmain D. Some types of serials has also been added vitamin D. A good tips to find these vitamin D added products, visit the health shop in Ås centrum. Vegans generally recommended to take vitamin D supplement.

# FOOD ON A BUDGET

1. Make a food plan for the week
  - Look in your kitchen and see what you have before writing a shopping list. Happy food shopping!
2. Cook big dinner portions and freeze/refrigerate the rest
  - Bring food with you as a lunch box from the leftovers (Matpakke).
3. Exploit the leftovers wisely
  - Create new dinner dishes with the leftovers. Just remember, reheat only once.
4. Look for sales in the shops
  - The food stores usually have sales at the end of the week or just right before closing
5. Choose the cheap brands
6. Drink water from the tap and make it more appetizing with a slice of lemon, lime or orange
7. Buy frozen meat, fish and vegetables
8. Harvest free food outside (fish, blueberry, mushroom and lingonberry)
9. Visit BUA at campus, for cheap vegetables, fruits and grains

## HOW TO STORE FOOD

### In the refrigerator

- Dairy products, egg, meat, fish and meat spread
- Berries and fruits like kiwi, pears, grapes, avocados
- Limes and oranges. To increase life expectancy, store them in the refrigerator or in a dark place with low temperature.
- Carrot, peppers and mushrooms

### In room temperature

- Apples, melon, banana, papaya, tomato
- Potatoes and onions in a dark place
- All bread and grain products
- Flour, sugar and salt
- All unopened canned food

### Safe food in the refrigerator

- The temperature in the refrigerator should hold between 2 and 4 degrees. This has a lot to say for the life expectancy of perishable food.
- Keep good order in the refrigerator. Put perishable foods such as meat, fish and milk in the coldest area, at the bottom of the refrigerator.

- Ensure rapid cooling of your leftovers. Cool down the food quickly by setting the pan in cold water before you refrigerate it.
- Wrap leftovers and other foods that are not in packaging. Place it in boxes or refrigerator plastic bags.

*TIPS: Look at how food is stored in the shop or read the information on the packaging.*

## Eat safe food and avoid food waste

### **Best før = Best before:**

- Means that the product is STARTING to lose the quality, NOT that the product can not be eaten
- Products such as dairy products, spreads, bread and grains, almost always has "best før" labeling.
- Unopen products can safely be eaten short time (often weeks) after the date has expired.
- Open products: Use your eyes and nose. Change in consistency, visible mold and bad smell don't eat it.

### **Siste forbruksdag - Last day of use:**

- Means that the product should not be eaten after this date
- All meat and fish has "Siste forbruksdag" on the labeling.

## Meat and Fish

- Meat from cattle is often best the closer it gets to the expiration date.
- If the colour of the meat gets gray-brown, slimy or darker compared to the original colour, you should not eat it!
- Use your nose
  - The meat should not have sweetish odor.
  - Meat that is vacuum-packed smells "funky" (bad) regardless, but the smell goes away after a couple of minutes after opening.

## Holdbart.no

This is a grocery store that sells food with short expiry date left. These products are usually terminated in regular food stores, but instead holdbart get these products from the bigger chain stores and sells them for a very low price. The products are perfectly safe to eat.

Location: Near the train station in Vestby, one stop from the train station in Ås.

Address: Høgdaveien 1, 1540 Vestby

## Immigrant shops

Here you can find a big selection of fruits and vegetables. They also have a big selection of seasonings and other food products from other areas in the world (Africa, Asia, middle-east etc).

The price is usually low and the quality is excellent. Location: They have a lot of these shops in Oslo. You can also find some a shop in Vestby, near the train station.

## FOOD DICTIONARY

### Milk products

Helmelk = Whole fat milk

Lettmelk = Semi-fat milk

Ekstra Lettmelk = Low fat milk (fortified with vitamin D)

Skummet melk = Low fat milk

Styrk melk = Low fat milk (more protein)

Kefir = Sour milk

Cultura = Sour milk (different flavours)

Fløte = Cream

Rømme/lett rømme = Sour cream

Norvegia/Jarlsberg ost = Mild flavour medium fat white cheese

Brunost = Brown cheese, Sweet spread made from milk



### Bread and grain products

Loff = White bread (graded one on the bread scale)

Kneipbrød = Semi white (graded one/two on the bread scale)

Mellomgrovt brød = Dark bread (graded two/three on the bread scale)

Grovbrød = Dark bread (graded four/five on the bread scale)

Knekkebrød = Dehydrated, square pieces of bread

Lompe = The norwegian pancake/tortilla, a thin, flat and soft bread made of potatoes

Ris = Rice, comes in many shapes and types, look at the preparation time on the bag. For better quality, choose rice with longer cooking time.

Risengrynsgrøt = Porridge dish, served with sugar, cinnamon and butter in Norway

Vafler: A flat dessert cake, looks like a thick pancake.

Boller/hvete boller = Sweet wheat buns

Byggryn= "The Norwegian rice" Have the same use as regular rice, but taste more nutty and it usually contains more fiber which is healthy.



### Oils and fats

Olivenolje = Olive oil

Solsikkeolje = Sunflower oil

Tran = Fatty acids from extracted from cod. Are used as a health supplement (also a good source to Vitamin A and D)

Smør = Butter made from milk

Margarin = Like butter but made from vegetable/plant oils (healthier than butter)

*Tip: Check the label for usage.*





## Fish products

Makrell i tomat = Mackerel in tomat sauce in tinned cans. Are used as a spread on the bread

Kaviar = Roe from fish (fish eggs). Used as a spread in many combinations.

Fiskeboller/Fiskepudding = Force meat from fish, comes in different shapes, serves on the dinner plate in combination to potatoes and vegetables. Contains only 30 - 60% pure fish meat.

Fiskekaker = Fish burgers

Fiskepinner = Fish "fingers" (cod or white fish covered in flour to be fried in the pan).

Klippfisk/tørrfisk = Dried white fish with long lasting

Reker = Shrimps

Torsk = White fish called Cod

Sei = In the cod family, also a white fish

Ørret = Trout

Laks = Salmon

Tunfisk = Tuna

Kveite = Halibut



## Meat & poultry products

Leverpostei = Spread made of pork liver

Skinke/servelat/pølse = Different types of sliced ham, some with low fat others with high fat

Pølse = Sausages/ hot dog for dinner use

Kyllingkjøttdeig, svinekjøttdeig, kjøttdeig og

karbonadekjøttdeig = Minced meat from Chicken, Pork or Cattle

Kjøttkaker/kjøttboller = Meat balls/meat cakes from minced meat

Kylling/chicken filet = Whole or filet Chicken

Biff = Beef from cows, often called indrefilet & ytrefilet

Gris/svin = Pork



## Fruit & vegetables

Agurk = Cucumber

Mais = Corn

Sopp = Mushroom

Gulrot = Carrot

Blomkål = Cauliflower

Kål = Cabbage

Kålrot = Turnip

Erter = Peas

Gul og rød løk = Onion & red onion

Hvitløk = Garlic

Paprika = Pepper

Purre = Leek

Ingefær = Ginger

Eple = Apple

Pære = Pear

Druer = Grapes



Appelsiner = Oranges  
 Mandarin/klementiner = Mandarins/clementines  
 Ananas = Pineapple  
 Jordbær = Strawberries  
 Bringebær = Raspberries  
 Blåbær = Blueberries  
 Multer = Cloudberries

## SMART RECIPIES

Here is a set of recipes that exploit all the foods you buy in. Start to by in the basic foods like seasonings, sauces, oil for frying, uncooked rice, pasta, serials like oatmeal and musli. These things are cheap and last for a very long time.

### Invest in the basics:

- Chillipowder, cummin, garlic and other seasonings
- Oil for frying i the pan (look at the user manual on the back of the bottle)
- Salt and peppers
- Soya sauce, Chilli sauce
- Bouillon
- Penne pasta (Use in 20 potencial dinners)
- White cheese (Use in 20 potencial meals)
- Rice (Use in 30 potencial dinners)
- Oatmeal 300 g
- Museli 1000 g

### Shopping list for the recipes

#### Breakfast, snack meals and evning meals:

- |                             |        |
|-----------------------------|--------|
| - Milk ekstra skinny 1,75 l | 29 NOK |
| - Bread                     | 17 NOK |
| - Eggs 12 pk (first price)  | 16 NOK |
| - Apples (first price)      | 10 NOK |
| - Blueberries (first price) | 10 NOK |
| - Ham (first price)         | 20 NOK |

#### Dinners, lunch and evening meals:

- |                             |        |
|-----------------------------|--------|
| - 4 Tuna cans               | 20 NOK |
| - Red onion 1/2 kg          | 7 NOK  |
| - Creme fraiche             | 19 NOK |
| - 4 Tomatoes                | 10 NOK |
| - Tortilla griddle 8 pk     | 9 NOK  |
| - Salsa (first price)       | 7 NOK  |
| - Jalapenios                | 23 NOK |
| - Minced meat 400 g         | 29 NOK |
| - Peppers                   | 15 NOK |
| - Frozen broccolie (frozen) | 12 NOK |
| - Brown beans               | 6 NOK  |

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Weekly cost after investing in the basic's.

259 NOK



## Recipies

### Tuna Sandwich (4 meals)

*Ingredients:* 2 tuna cans (with oil)  
2 red onions  
1/3 Creme fraich  
2 table spoon of olive oil  
salt and pepper  
Chilli powder  
1 ts Cummin  
Jalapneios  
2 slices of bread for each meal



*How:* Remove some of the oil in the tuna can.  
Chop red onions and jalapenios together with the tuna. Season after you have tasted with the seasonings in the recepie. Blend in chreme fraiche together with salt and pepper and blend in with the tunapaste.  
Take to slices of bread and toast it in the pan or in a toaster. Spread on the tuna paste. The sandwich is ready to eat! Serve with chopped tomato.

### Tuna Casserole (3 meals)

*Ingredients:* The rest of the tuna paste (add 1 extra can)  
1 cup dry pasta  
3 slices of cheese  
1 cup frozen broccolie  
1/3 creme fraiche



*How:* Blend together boiled pasta with the tuna paste, broccolie and the rest of the creme fraiche. Season with salt and pepper. Add in a casserole, cover with cheese. If you have some leftover bread crumbles, spread it on top, bake in the oven for 10 minutes until the cheese is melted.

## Taco Friday (2-3 meals)

*Ingredients:* Tortilla griddles  
Pork or cattle minced  
Brown beans (canned)  
Taco seasoning  
Salsa  
Creme fraiche  
peppers and tomatoes  
Cheese  
Jalapenos



*How:* Fry the minced in a pan with the taco seasoning, add the beans after you take the heat of the pan. Have chopped peppers and tomatoes in a bowl. Heat the tortilla griddles in the oven for 3 minutes. Mix it all together on a tortilla griddle. The taco is served with creme fraiche, and salsa.

## Left over taco pizza: (2 meals)

*Ingredients:* Minced meat and beans from the taco  
Salsa  
2 Tortilla griddles for each portion  
Creme fraiche  
Cheese  
tomatoes and peppers  
1 red onion



*How:* Make a pizza from a tortilla griddle. Use salsa as a tomato sauce on the griddles. Cover the griddle with cheese. Add meat, beans, chopped onions, tomatoes and peppers on top of the cheese. Bake in the oven for 5-10 minutes until the cheese is melted.