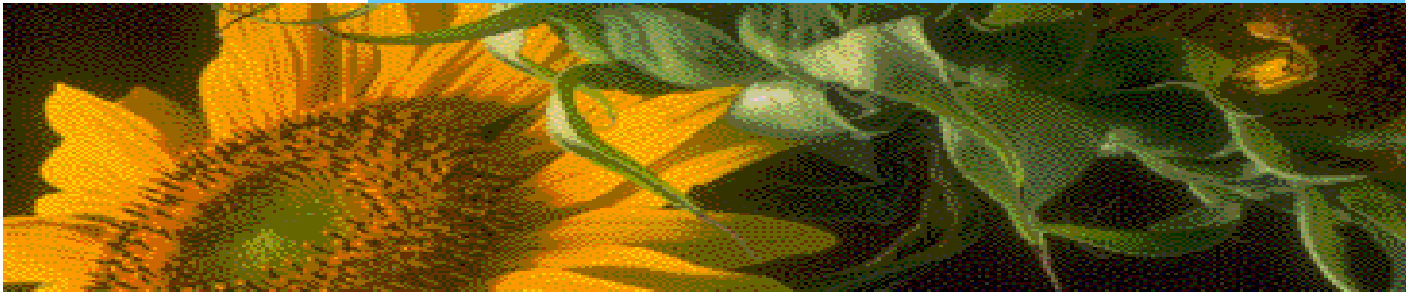


Health Beat



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EATING VEGETARIAN IS GROOVY!...Teđ Laju

The USDA's Food Guide Pyramid places an emphasis on fruits, vegetables, and grains. Here are the suggested type and amount in each of the food groups:

Bread, Cereal, Rice, and Pasta
 6-11 servings a day

1 serving = 1 slice of bread, 1/2 bagel or bun, 1 ounce dry cereal, 1/2 cup cooked cereal, 1/2 cup cooked rice, 1/2 cup cooked pasta.

Vegetables
 3-5 servings a day

1 serving = 1 cup raw leafy greens, 1/2 cup any other chopped vegetable, 3/4 cup vegetable juice

Milk, Yogurt, and Cheese
 2-4 servings a day

1 serving = 1 cup milk or yogurt, 1-1/2 ounces of natural cheese, 2 ounces of processed cheese.

Fruits
 2-4 servings a day

1 serving = 1 medium apple, banana, or orange; 1/2 cup chopped fruit or berries; 3/4 cup fruit juice.

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

1 serving = 2-3 ounces of cooked lean meat, poultry, or fish; 1 egg; 1/2 cup cooked beans, 2 tablespoons peanut butter, nuts, or seeds.

Fats, Oils, and Sweets
 Use sparingly

Information taken from: www.usda.gov/



A staggering 55% percent of the American public is classified as Obese.¹ Obesity is a serious problem that may lead to health related complications, such as heart disease and diabetes. This may be caused by excessive calorie consumption. In an attempt to control weight, some people have been exercising food management as a preventive measure to combat those extra unwanted pounds. Some healthy consumers have applied the techniques of the balanced vegetarian/semi-vegetarian food diet.

The vegetarian diet entails the consumption of only vegeta-



bles, fruits, nuts, and legumes as a source of protein, carbohydrates, and fat. Calorie intake is balanced to ensure a "starvation

diet" does not occur. Meats such as: livestock, poultry, and fish are excluded from consumption. Essential nutrients are accounted for by means of dietary supplementation. Vegetarians must ensure they are receiving standard amounts of nutrients the body needs to maintain healthy metabolism. Other vegetarians do not practice such extreme diets. Semi-vegetarians consume a variation of poultry, fish, and dairy products as a source of nutrition. While Lacto-ovo-vegetarians will include milk, eggs, and honey in their meatless diet and ovo-vegetarians will include only eggs in their diet. Livestock is excluded in all types of vegetarians, but dairy is mostly rationed to rare consumption.

There are many products that cater to the vegetarian. An assortment of fruits, nuts, legumes, and vegetables are available. For example, "veggie burgers" are a composite of various nuts, legumes, and vegetables. Other "veggie" products include: nuggets, sausages, hot dogs, etc. They usually

contain a standard amount of nutrients, without the addition of livestock. Vegetarian dishes are not limited to these types of composites servings. A various assortment of cultural cuisines specialize in vegetarian like dishes. For example, pasta is an excellent source of complex carbohydrates; tofu (soy-beans) is a good source of protein. Soy products are usually associated with meat substituting products. Soy products have been known to aid in ailments such as heart disease, osteoporosis, cancer, and diabetes.²

Veganism is a term that describes people who will not consume any animal products and refrain from buying any manufactured goods that are derived from an animal. Vegans chose not to wear wool, fur, silk, or leather. Vegan food consists of grains, rice, spices, breads, and pastas. Vegan's exclude such products from their diet:

Cholesterol	Cholesterol is only found in foods that are derived from animals. For vegans, if there is a trace of cholesterol, be aware that it is of animal origin.
Rich and Creamy	Most of the time these are dairy-based products.
Jellies and Gelatin	It is usually boiled down remains of pigs, cows, or horse hooves. This is mostly found in candies, sweets, and desserts.
Cakes	Most cakes that are made contain eggs and milk.
Tinned Fruits and Vegetables	The majority of this food contains animal based preservatives.

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EATING VEGETARIAN IS GROOVY!...continued from page 1

Vegetarian diets are usually associated with the absence of fat consumption. However, fat is an essential process of human metabolism. The vegetarian/semi-vegetarian diet is an alternative to the "high calorie/fat" diet. Those who do not seek weight-loss may not have to suffer its extreme dietary methods. How-

ever, it is very important to eat healthy whether one is seeking weight loss or not. Eating healthy is a key factor in keeping the heart healthy. Exercise a comfortable vegetarian/semi-vegetarian diet and it will aid in the prevention of obesity, and the promotion of healthy intake.³

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IT'S YOUR LIFE, DRINK UP!...by Dannie Allen

Drinks are just as important in our daily consumption as food. Fluids in our bodies are extremely important, and should not be overlooked when it comes to evaluating our food consumption and its nutritional value.

Milk is a great drink that does our bodies good for a variety of reasons. Milk offers



a unique package of nutrients that is far superior to any other drink. Milk is considered a nutrient powerhouse because of all of the vitamins and minerals it contains. Milk

has long been notorious for its abundance of calcium. Calcium is vital for all people because it helps build healthy bones and teeth. Milk comes in a variety of fat concentrations as well. It is recommended that skim or non-fat milk be substituted for whole/vitamin D milk to avoid the extra fat and calories. There is no down side to milk, except that it is too bad that not enough people consume it.¹

Coffee is a very popular drink these

Highlight of the Article

Many cola-type drinks are very acidic, and this is harmful to your health. Did you know that disease flourishes in acid ph? All kinds of soft drinks are very acidic, especially colas.

days that is actually being hailed for its recently discovered health benefits. Research has shown that there is four times the amount of antioxidants than in green tea. Coffee is also an excellent antidepressant and effective performance enhancer. It increases energy levels and

also increases memory. The amount of caffeine in any single serving of coffee depends on a number of factors. Those factors include the particular grind, where the bean was grown, and the size of the serving being consumed. Also, the caffeine content of prepared coffee beverages may range depending on supplies used in the recipes and formulas. It would be best to ask your regular coffee store for the nutritional value of different coffee beverages to know the specific information of the coffee that you regularly consume.²

Another popular drink these days are Smoothies. Smoothies are a smart and great way to get your daily servings of fruit. Since fruit naturally has sugar, you will also experience an elevation in your blood sugar level. However, because fruit naturally has sugar, that mean calories abound. It is best to avoid sweetened frozen fruit in your smoothies because they have more calories. Many Smoothie places have options that can pump up the nutritional value of your Smoothie that can provide different health benefits. Some of these options are additives such as protein powder and wheat germ. However, even with additives, there is still a large amount of calories because of the sugar content. The average calorie consumption of a smoothie is four hundred and sixty-eight calories! Beware of the added calories even though Smoothies can provide you with your recommended amount of daily fruit intake.³

If drinking a smoothie is not what your heart desires to get your daily servings of fruit, one can always choose from a variety of fruit drinks on the market. There are such fruit drinks as apple, grapefruit, orange, grape, straw-

berry, guava, pineapple, lemon, and banana-strawberry, among others. Fruit juice is still one of the best ways to replenish the body's essential nutrients and it's a natural source of energy. A ½ - ¾ cup of pure fruit juice is equivalent to a single fruit such as an apple or orange and it's rich in natural fruit sugars, fructose and glucose, and above all caffeine free.⁴

Soft drinks are also very popular these days, but they come at a price. That price may be your health. There is a lot to soft drinks that you probably do not know. Many doctors and researchers have claimed that soft drinks are very unhealthy because they contain phosphoric acid. Many cola-type drinks are very acidic, and this is harmful to your health. Did you know that disease flourishes in acidic ph?



All kinds of soft drinks are very acidic, especially colas. In order to neutralize a glass of cola, it takes 32 glasses of high ph alkaline water. It is well known by the medical profession that disease loves acid. In fact, if our cells could maintain a normal ph, cancer could not grow in our bodies.⁵

Now that you are armed with your new knowledge of some of the drinks that are most popular in our consumption, hopefully you can make wiser decisions in your diet, planning, and preparation of food.

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WHERE'S THE MEAT?...Nancy A. Copeland

Meat is a large part of most American's diet. Beef is consumed approximately 77.3 million times a day across America. The leading type of sandwich on restaurant menu's is the undoubtedly the beef burger. According to the National Restaurant Association, they appear on over 75% of sandwich menus nationwide. There were 5.5 billion hamburgers/cheeseburgers served in commercial restaurants in 1998. The total U.S. beef export increased 9% in volume since 1999. Pork consumption reached a record 80 million tons worldwide in 1997, up from 78 billion tons in 1996.¹


Per capita consumption of both

chicken and turkey meat has increased steadily since the 1940's. American's consumed 48.8 pounds of chicken and 14.1 pounds of turkey in 1995, 26.4% and 6.5% respectively in 1975. The mean per capita consumption of poultry has increased by 91% from 1975 to 1995.²

Animal derived foods are a primary source of vitamins B6 and B12, riboflavin, niacin, zinc, phosphorus, and calcium. Nearly 70% of dietary protein and nearly 40% of dietary calories are of animal origin, as is between 30 and 40% of dietary thiamin, vitamin A, iron, and magnesium. All dietary cholesterol and

about 75% of saturated fatty acids come from animal-derived foods.³

Although there are benefits to eating meat, many meat enthusiasts are concerned with the dietary cholesterol and saturated fatty acids that may be apart of their diet. Many are taking steps to reduce the amount of fat intake due to their consumption of meat by eating meat without the skin and only eating the white meat or turkey and chicken. Here are some choices that one can make to lower their fat intake due to meat consumption.⁴

Various Types of Meat Eaten	Actions That Can Be Taken To Reduce The Fat Content	
Chicken	Eat breast meat for fewer fat and calorie intake. Do not eat the skin.	
Cornish Hen	Do not eat the skin.	
Turkey	Eat breast meat for fewer fat and calorie intake. Do not eat the skin. When eating ground turkey, only eat ground breast meat. A lot of ground meat in the frozen section of grocery stores contains ground skin and dark meat, which is the fat source. Do not select turkeys that have been injected with fats or broths.	
Beef	When selecting beef, buy "choice" or "select" grades of beef rather than "prime." Eat from the round, sirloin, and loin. When eating steaks, trim the fat off before cooking. When cooking, drain the oil off before eating.	
Pork	The leanest form of pork is tenderloin and loin chops. Ham and Canadian bacon are higher in sodium than other meats.	
Lamb	The ribs contain the highest fat content.	
Wild Game	Rabbit, Venison, Pheasant, Duck should be eaten without the skin. Domesticated versions of game (duck and goose) are not as lean as wild game.	
Organ Meats	These types are very high in cholesterol. However, liver is rich in iron and vitamins.	

While taking into consideration how one can maintain a healthy diet while consuming meat, another important aspect of healthy meat consumption is how it is stored whether cooked or raw. It is

important to remember, when handling raw meat; the washing board/ counter tops, knives, and utensils must be washed thoroughly before, during, and after use in order to avoid bacterial in-

fections or illnesses. According to the California Poison Control System, here are a few guidelines to avoid illnesses that can occur as a result of improper storage or cooking. of meat products.

Guidelines for Cooking Meat and Maintaining the Veracity
Red meat should be cooked to 161 F.
Large cuts of red meat can be cooked to medium rare, 146 F.
Ground meat and hamburgers should be cooked all the way through until the center is at least 161-166 F
Pork should be cooked to 156 F with no pink on or inside of it
Leftovers should be heated to 166 F
Do not use leftover marinades, which contain raw meat juices.
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WHERE'S THE MEAT?...continued from page 4

When storing food that has been cooked, here are few more tips to remember:

Refrigerated steaks and roasts should be used within three to four days after purchase.

Ground meats and fresh poultry should be used within one to two days after purchase.

Leftover chicken, gravy, sauce, chicken/tuna salads and turkey pies are only good for one to two days.

When unthawing raw meat, it is best to do so in the refrigerator and not on the counter. If done on the counter, it allows bacterial growth to occur.

Raw meat and poultry in separate plastic bags. Place them on a plate or tray on the lowest shelf in the refrigerator to keep leaking juices from dripping on other food.

Freeze fresh meat or poultry if they are not going to be used in the next couple of days. Re-wrap meat packages in aluminum foil or freezer paper to keep the meat airtight.



Meat may be an essential part of most people's diet, however it is important to remember the health risks that can be associated with the preparation, consumption, and storage of meat.

For additional food safety information about meat and poultry call the toll-

free USDA Meat and Poultry Hotline at 1(800) 535-4555 and for the hearing-impaired (TTY) 1 (800) 256-7072. The hotline is staffed by food safety experts' weekdays from 10 a.m. to 4 p.m. Eastern time. Food safety recordings can be heard 24 hours a day using a touch-tone phone.

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READY, SET, BREAKFAST...by Jennifer Layno

Are you stuck in the rut of eating just bagels and cream cheese for breakfast? Bagels are tasty, but to get the most out of this important first meal of the day, not just any foods will do. Having a nutritious breakfast is often called the most important meal of the day. Not only does a good breakfast provide good fuel to get a body moving, but also it provides necessary nutrients to help us "think smart". Breakfast supplies much-needed energy after a night's sleep, and keeps your energy level from dropping before lunchtime. Breakfast starts the day off right. You prepare your body for the day ahead by refueling your body. A well-balanced breakfast should contain a good share of your recommended allowance for many nutrients.

So breakfast is important, but does it matter what you eat? Whether it's hot or cold? Homemade or from a box? Actually, any way you prepare breakfast provides you with the fuel to jump start your day. The food groups work together like kids in a relay race. By eating differ-

ent foods, your body gets the nutrients it needs because the nutrients provide energy and keep your body healthy and strong. Although breakfast foods can provide the body with nutrients, sometimes the choices are loaded with calories, fat, and sodium. Alternatives to some of the "norm" in breakfast foods are bacon, eggs, and hot cereal. Instead of pork bacon, turkey or meatless bacon can be used. Instead of eggs with yolk, egg substitute can be used. Instead of loading on the butter and sugar in hot cereal of any kind, fruit can be used to sweeten it and provide a great taste.

A breakfast built around cereal contains whole grain fiber, which may reduce the risk of constipation, heart disease, and possibly cancer. However, a bowl of cereal should have at least three grams of fiber. Studies suggest that eating at least three grams of soluble fiber every day can lower average cholesterol levels by about five percent. Cereal must also be



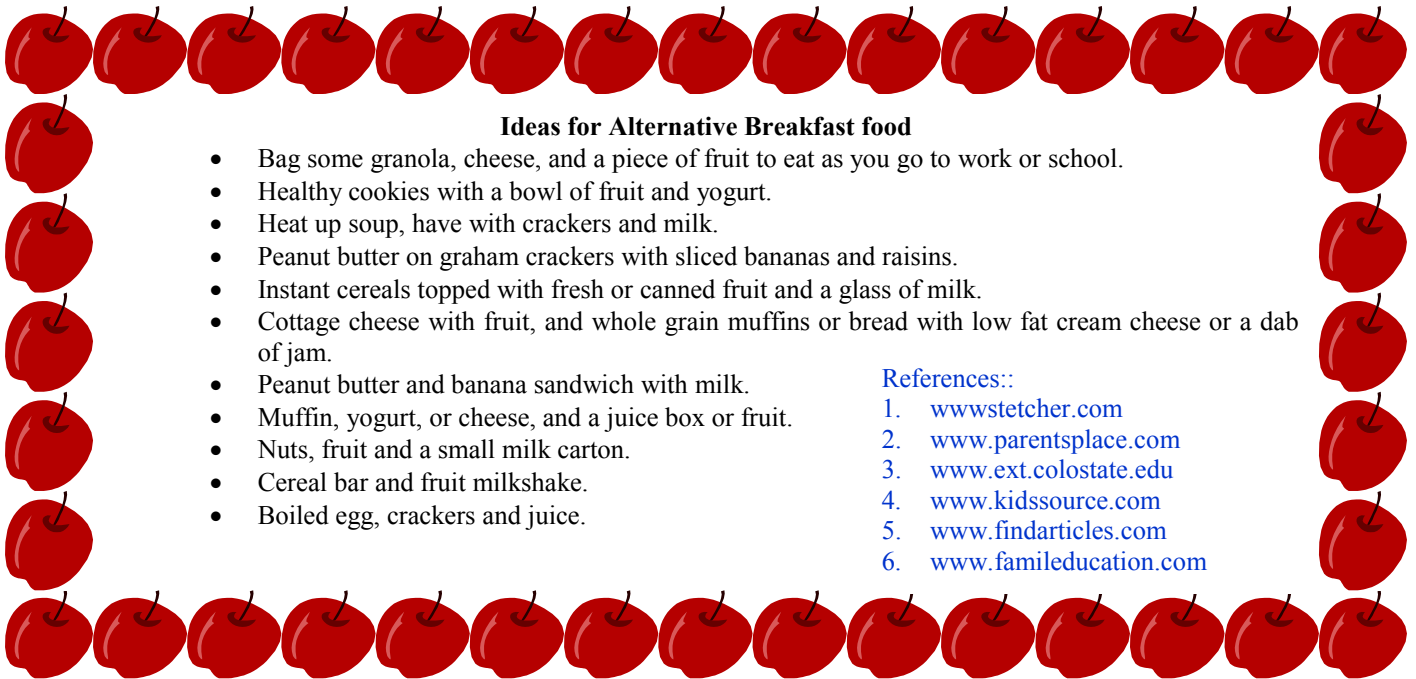
low in fat or contain no fat at all. As long as milk is low-fat or fat-free, all fats stay low in just about any cereal breakfast. More importantly, milk contains calcium and Vitamin D that is essential in bones. The addition of fruits to a breakfast is also an ideal way of substituting for high-sugar snacks.

A good breakfast should consist of at least three of the five food groups. It helps many people wake up and feel better all day long. Many people find that they are hungrier before breakfast than any other meal. Most often they have more trouble with what they eat rather than how much. The older we become, the more careful we should be when choosing our food. We should depend on food for good nutrition. Food is much more than just a collection of nutrients. When planning breakfast, remember "bread- fruit- milk"—the basic components of a nutritious breakfast.

For a change of pace, here are some ideas for a breakfast that may fit your time and energy levels.

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READY,SET,BREAKFAST!...by Jennifer Layno



Ideas for Alternative Breakfast food

- Bag some granola, cheese, and a piece of fruit to eat as you go to work or school.
- Healthy cookies with a bowl of fruit and yogurt.
- Heat up soup, have with crackers and milk.
- Peanut butter on graham crackers with sliced bananas and raisins.
- Instant cereals topped with fresh or canned fruit and a glass of milk.
- Cottage cheese with fruit, and whole grain muffins or bread with low fat cream cheese or a dab of jam.
- Peanut butter and banana sandwich with milk.
- Muffin, yogurt, or cheese, and a juice box or fruit.
- Nuts, fruit and a small milk carton.
- Cereal bar and fruit milkshake.
- Boiled egg, crackers and juice.

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HAVE YOUR CAKE AND EAT IT TOO!...by Michelle Biba

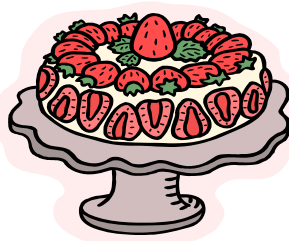
What happens when it comes down to the final decision of what kind of dessert you should order after eating a wonderful dinner? This is where I try to come to the rescue! Soon, you'll be able to have your cake and eat it too! Contrary to the popular belief, not all of the best pastries and desserts are filled with loads of fat and sugar. In fact some of the best desserts may even include desserts include fruit. Yes, some may fringe upon the idea of eating solely fruit as dessert, but if fruit isn't fulfilling your sweet tooth then perhaps you might find other healthy dessert substitutions that will.

I believe some people stray away from dessert because they are lactose intolerant, however, there are many desserts that are out there that can be low in lactose. Lactose is the simple sugar that is found in milk and milk products. The enzyme lactase, which is present in the lining of the small intestine, splits the lactase into two sugars. These sugars are what the body absorbs and uses as nourishment. When lactase is absent in the body, lactase

that you eat small amounts of lactose. A low-lactose diet consists of tolerating small amounts of milk throughout the day (2oz). A lactose-free diet is one where all lactose products must be eliminated from the diet.²

Lactose content of milk and other dairy products³:

Milk (1 cup)	Lactose (g)
Whole	9-12
2%	9-13
1%	12-13
Skim	11-14
Lactaid	3
Yogurt (low fat, 1 cup)	4-17
Butter(1 part)	.04-.05
Ice cream (1/2 cup)	2-6
Ice milk (1/2 cup)	5
Sherbet (1/2 cup)	0.6-2



Healthy dessert substitutions¹:

Favorite foods that are high in fat	Alternatives to those foods
High-fat cookies	Fat-free cookies
Devil's food cake	Angel food cake
Ice cream bars	Frozen fruit bars
Ice Cream	Sherbet, ice milk or low-fat frozen yogurt
Doughnut	Bagel
Pudding made with whole milk	Pudding made with fat-free milk

passes through the colon and then bacteria within the colon breaks the lactose into lactic acid and certain gases. Lactic acid is what we blame for the being bloated, experiencing gas or diarrhea, or abdominal cramps. Therefore, for those whose experience with lactose is variable, it is recommended

And what about yogurt? Yogurt, believe it or not can be considered as a delicious dessert, although most see it as a breakfast item, many enjoy it as a healthy snack or even as a dessert. With yogurt you can substitute things that are high in -

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HEALTH RESOURCE CENTER PROGRAMS

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Sexual Health Awareness Workshop helps enhance your knowledge of contraception, STD's, breast and testicular examination

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fat such as mayonnaise, sour cream, and cream cheese. Or if you are dying for the substitution to the common dessert of ice cream try frozen yogurt. Frozen yogurt comes in many different flavors, and for those chocolate lovers, it is a healthy treat. Frozen yogurts tend to be sweeter and often taste more like desserts because they aren't fermented as long as the non-fat yogurts.⁴ Imagine this is as another way where yogurt can play as a delicious substitute as a dessert. In addition, all of your favorite toppings can be added if you are in the mood for some extra sweetness. Healthier toppings such as nuts, and fruit can also be considered.

Although some can't see themselves eating desserts because of the risk of perhaps consuming too much fat, an important idea to eating desserts is moderation. Moderation is the key to enjoying satisfying desserts in a limited quantity. If you are able to limit the amount of dessert you consume not only will the dessert become more appealing when you eat it you'll be able to enjoy it even more!

Are you still afraid to eat the cake? Well, I doubt you should be! As listed above, there are many healthy options out there that broaden your dessert eating experience. All of these options can help you decide what is healthier and perhaps that will be the deciding factor on which dessert you will pick. In any case, just go with the flow and pick out what is deliciously tasty to you. Another possibility to consider when your sweet tooth is stronger than your will power, is having an active lifestyle, this combined with the alter-

natives to most desserts can also assist with those unwanted pounds. However, whatever dessert is chosen, you must enjoy it!

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