

March is nutrition month

Water: an important nutrient



by Courtney Straub
healthy living editor

When people think of nutrition, they think of eating healthy. Most forget that water is an essential nutrient to a healthy diet. A person can survive on eight to ten days without water while you can survive weeks or months without food. The human body is 65 percent water, and it takes eight to ten cups a day to refill our bodies with the water it loses.

Even though water has no caloric value and therefore cannot be an energy source, without it in our diets we could not digest or absorb the foods we eat. We do ourselves no favors by eating nutritious foods and then not drinking water. To live a healthy life, you must include water in your diet.

"I drink water because it's healthier than pop," said Brandon Bugay, freshman.

When thinking about nutrition, keep these facts in mind about water: Drinking water may help decrease your appetite, it helps the body burn fat effectively and it helps reduce fatigue.

"Water quenches my thirst while I'm working out," said Mike Grom, freshman.

Here are some do's and don'ts to keep in mind when including water in your diet.

Do set yourself a water goal- the amount of water you are going to drink in a day. This is done by dividing your weight by 2. The number you come up with will be the ounces of water you should drink in a day.

Do increase your water intake gradu-

ally. If you start by drinking lots of water your first day and then none the next, your body will not know how to react. You will become dehydrated very quickly.

Don't count coffee, tea, soda, or alcohol as water. They contain little or no water and will not keep you hydrated. They also do not contain the nutrients that water does.

Do drink water with every meal. It is also a good idea to make water your first drink of the morning. That way you will continue to drink it the rest of the day.

Don't stop drinking water once you have lost weight. Just because you have shed those pounds, doesn't mean they can come back. By drinking water, you are helping your body burn fat which will continue to keep your weight off.

Do keep a bottle of water with you at all times. This way you will be forced to drink water. Every time you pick up your water bottle, take a drink of it!

Do drink water before, during and after physical activity. It is important to keep your body well hydrated will working out.

Don't wait until late at night to start drinking water. If you do this, the water will just sit in you overnight and will not be of any use to your body.

If you cannot make yourself drink enough water in one day, then eat foods which contain water. Fruits and vegetables are 80 to 95 percent water, meats are made up of 50 percent water, and grains, such as oats and rice, can have as much as 35 percent water.

Personal Trainer

Losing water as sweat

Some people become dehydrated when they start becoming dehydrated, and some get used to it. Here to determine which type you are:



1 Weigh yourself on accurate scales.



2 Exercise for an hour or more without drinking anything and weigh yourself wearing the same shoes and clothes as before.



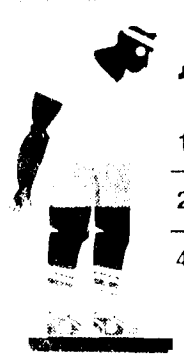
3 Calculate how much weight you lost and what percentage of your body weight that equals

1. If the weight loss is 1% to 2% of your body weight, you are a "Type 1" dehydrator.

2. If the weight loss is 3% to 5% of your body weight, you are a "Type 2" dehydrator.

Heavy water loss

Exercising 30 minutes in warm, humid weather or wearing heavy padding, you can lose more than 1 qt. (1 l) or 2 lb. (1 kg) of water as sweat.



Water lost (Approximate figures)

1 lb. (500 g)	2 cups (500 ml)
2 lb. (1 kg)	1 qt. (1 liter)
4 lb. (2 kg)	2 qt. (2 l)

Why it matters

Sweating away 2% to 3% in body weight

Reduces aerobic ability by more than 10%

Sweating away 5% or more

Creates significant risk of heat stroke

Graphic: Paul Trap

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What do you do to Stay Healthy?

"I eat healthy, eat fruits, eat healthy, drink a lot and don't eat junk food." -*Lehman, sophomore.*

"You're not a healthy person... I'm sick" -*Michael Frick, freshman.*

"I brush my teeth." -*Wright, sophomore.*

"We play a sport... BEER PONG!" -*Justin Kasper, sophomore and Matt Kauper, freshmen.*

"I eat healthy, I exercise. I'm always sick" -*Andrew Frizzell, junior.*

"I set up a gym every week, do keg stands for upper body strength, and stay healthy." -*Andrew Meinbresse, junior.*

Get and Stay Healthy

By Courtney Straub

Staff Writer

All over campus, I can hear the rise of anticipation for the month of March. Everywhere I go I can hear students talk about the exciting plans they've made for this month. Yes, you heard it right, March is National Nutrition Month.

In honor of National Nutrition Month, I've decided to share a few tips on how to get healthy, stay healthy, or to help you think about it a little differently this month.

First thing that comes to mind is a must, sleeping recharges the body, and allows your muscles to rest, it also helps prevent colds. You should try to get eight hours of sleep a night. But, if you can't get enough or you just don't have time, then you should try to get that all-nighter writing a ten page paper that you have to do. So, if you're tired during the day, then take a hint from those preschool days and take a nap. It's all about the carpet squares in preschool, there's nothing wrong with it.

Secondly, eat breakfast. It helps improve hand eye coordination, gives you better verbal fluency, more energy throughout the day, and helps you perform better in class. I know what you're thinking, "the butt crack of dawn and drag them out of bed." Well here's a hint, go to breakfast if you can't get to class. I have personally gone to breakfast if I had my Big Dog slippers, penguin pajama pants, and Scooby-Doo t-shirt; only a few people started class that day and take a couple of Pop Tarts, yogurts, and a container of juice back to your room with you when you're done. So, now you don't have to get up early for a couple of days and you're getting your

money's worth out of Dobbins.

Since we've covered breakfast why not continue with just eating. You should only eat when you're hungry and only what you like; but try to incorporate something healthy. Also, try to eat sitting at a table instead of on the run. This will let you take your time and enjoy your food. Inhaling your food may lead to overstuffing yourself before your brain has a chance to register that you're full. Overstuffing could cause problems later on, but we won't discuss that you'll just have to fend for yourself on that one.

Don't want to gain the freshman fifteen? Already did? Can't get rid of it? Well this tip is for you. EXERCISE! Add some kind of exercise to your daily routine, and no walking to class does not count. The distance you have to walk to get to class here is like a fifth of the distance someone at main campus has to walk. Okay, so maybe that's not right but whatever, it's not that far. Try going to Junker with a friend, it's a great way to meet hotties of the opposite sex. Or you can take advantage of all this snow, go sled riding, play snow football, or build a snowman. No laughing, Frosty rocked my world!

Finally I have to give the alcohol tip. Consuming alcohol increases heat loss from the body, interferes with the body's ability to fight infection and with any medication you're taking, it also lacks nutritional value. So here's my tip for all you Penn Staters; when you drink wear something warm or at least a hat, don't drink if you're on your death bed, and well, just forget about the nutritional value thing, who cares.

Well there it is five tips on how to be nutritional during the month of March. Remember; don't go too hog wild celebrating National Nutrition Month, you have Spring Break to look forward too.

Simple ways to include fruits and veggies into your diet



by Courtney Straub

- Eat a side of vegetables instead of fries.
- Use fruit on cereal -- like bananas, strawberries, or blueberries
- Try new things on your salad -- mandarin oranges or raisins.
- Add fresh vegetables to canned soup.
- Eat a peanut butter and banana sandwich
- Fill your sandwich with cucumbers, lettuce and tomatoes.
- Add berries instead of candy to your frozen dessert.
- Use salsa on baked potatoes, chicken, or fish.
- Adding vegetables to any recipe such as omelets, casseroles, or rice will provide more nutrients.
- Order a veggie pizza or a veggie bagel.
- Eat fresh fruit for dessert rather than chocolate
- Try adding raisins, banana chips, or dried fruit to your trail mix.
- Add apples to your pancakes or waffles.
- Drink a glass of 100% juice.
- Add fresh or canned fruit to plain or vanilla yogurt.

Functional Foods

by Courtney Straub
staff writer

A functional food is any food or food ingredient that has traditional nutrients and health benefits. They are foods that contain vitamins, minerals or herbs. These foods are also thought to help prevent and fight disease. Natural functional foods can play a healthy role in your diet.

Soy and oats have been shown to reduce cholesterol. Also, they play a therapeutic role in cancer, osteoporosis, alleviation of menopausal symptoms, and reduce your risk for coronary heart disease. To get your daily dose of soy try these foods: tofu, nuts, beans, soy butter, soy milk, soy flour, or meat alternatives. Soy can also be added to many of your favorite recipes. To get your daily dose of oats try and eat cereals and breads. Or cook oats with baked items such as cookies, breads, granola bars, or muffins.

Tomatoes contain carotenoid-lycopene and they have antioxidant properties. They can be added very easily to your normal diet. Try them on a sandwich, salad, or with pasta.

Garlic contains a large quantity of oil and water soluble. It is very beneficial to your health by being a cancer chemopreventative, an antibiotic, an antihypertensive, and has a cholesterol lowering effect. Garlic can be a topping to just about any food. Put it on bread, pasta, meat, or potatoes.

Broccoli has been shown to decrease cancer risks because it contains glucosinolates, indole-3 carbinol, and sulforaphane. It can be eaten plain or added to pizza or pasta.

Fish is the food to eat to decrease your risk of cardiovascular disease. Instead of going to a steakhouse, try a seafood restaurant.

Need something to drink with all these foods? Try some tea. It is thought to reduce your risk of cancer and cardiovascular disease.

Even if you're eating the right foods there are a few things to remember -- Eat a variety of foods. No one food or food group will provide you with the right nutrition. Make sure to balance the foods you eat in one day. Don't eat all functional foods one day and then junk food the next. Lastly, eat in moderation. Small portions of food allow you to include all types of food in your diet.