

Special Collegian Nutrition Section

Avoid glamour nutrition products

by Tammy Stecko
Collegian Staff Writer

Recently, many of us have been victims of a con game.

More than a dozen businesses have developed products that they claim will give us bulging muscles and firm builds.

Many people have become lost in the dream of a perfect body and haven't taken the time to think rationally. They took off top speed to their local GNC and stocked up on those one-pound canisters of miracle muscles (also called protein powder) with the arms of a bodybuilder pictured on the front.

But the facts are that those of you that are spending around ten dollars for one canister in hopes of magically getting the muscles you dreamed about since you were a kid are most likely wasting time and money.

First of all, protein's function within the body is to build up the immune system and help repair and build tissue. Your body only needs 44 grams of protein daily.

Excellent sources of protein

include milk, meat, eggs, beans, and peas. Just by eating an average serving of meat and drinking 2 cups of milk, you consume between 39 and 46 grams of protein. A well-balanced diet will provide enough protein for most people.

Excess protein in your diet puts a strain on the kidneys. Since there are 4 calories in a gram of protein, all excess protein that is not utilized by the body will be stored as fat. The only way to create muscle is to take part in some form of endurance exercise.

There are times when the body does require extra protein, such as before and after surgery and when recovering from infections or burns.

Ways to supplement your protein needs without using protein powders include using

more eggs, milk, and meat, adding dry nonfat milk solids to sauces, cereals, omelets, and puddings, and preparing soups with milk instead of water. You may also drink egg-nogs or milkshakes that are high in

Editor's Note: Final exams and the holiday season are upon us, bringing with them additional stress and lot of opportunities for unhealthy eating. During this time of year when many of us have a tendency to pick up a few extra pounds, The Collegian would like to offer this special holiday nutrition section, written by staff writer and nutrition major Tammy Stecko.

protein, like the one below.

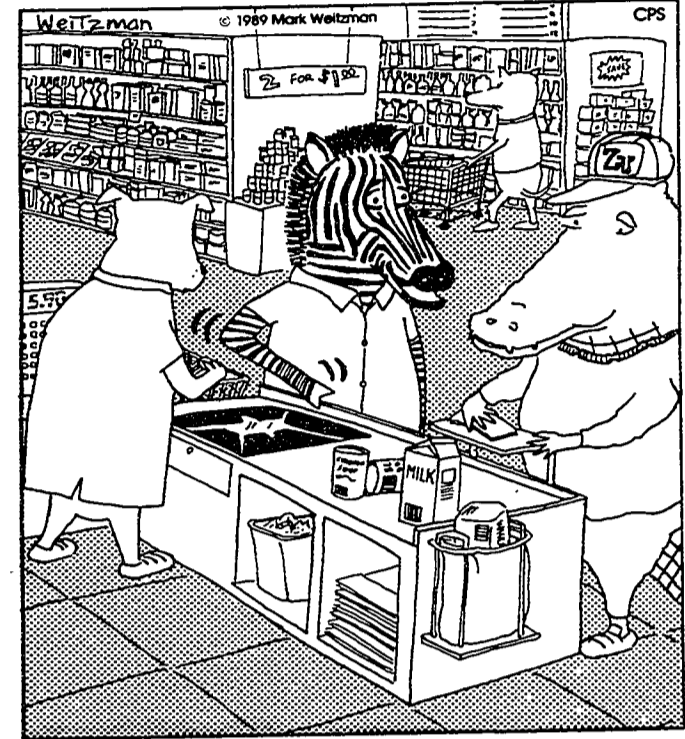
EGGNOG

- 1 Egg
- 2 Tbsp. dry nonfat milk
- 1 pinch salt
- 3/4 cup milk
- 1 Tbsp. sugar
- 1/2 tsp. vanilla extract

Put all ingredients in an electric blender and mix until smooth. Chill.

The main point is that we have to wise up, start watching for these deceiving glamour products, and realize we can get the same results at home for a lot less money. In the long run, that extra protein, unless prescribed, will do more harm than good.

ZOO U. by Mark Weitzman



"Watch this."

Eating breakfast is a healthy habit

by Tammy Stecko
Collegian Staff Writer

I'm sure you've had many mornings when getting out of bed seemed like an impossible task.

After hitting the snooze button on your alarm clock about twenty times, you jump out of bed screaming because your first class of the day is in five minutes. The only thing on your mind is throwing on a pair of Levis that you wore some time last week and running out the door.

As you sit in class, the only thing you are thinking about is what you are going to get up in the Gorge after class is over. Any words coming from your professor's mouth seem irrelevant to the situation. The only thing you just accomplished was looking good by attending class.

You've heard it before - skip breakfast so you can make it to

class (or work) on time. By doing so, your body will be drained and your productivity will be low.

If you still feel that your daily routine has absolutely no room in the morning for breakfast, why not keep something else on hand that you can grab on your way out the door, something that you can take with you on that race to class. Try keeping foods like fruits, crackers, or cookies on hand for those hectic mornings. Anything that will hold you over until you can make it up to the Gorge for something a little more filling.

Next time you wake up late for class, as you run out the door grab an apple. At least then you will be able to focus your attention on class and not your stomach. In the end, you will actually be saving yourself some time. Studying is a lot easier if you have some idea of what went on in class.

Weight loss fad can lead to negative results

by Tammy Stecko
Collegian Staff Writer

We've had the basics of nutrition pounded into our minds throughout our lives. It's everywhere. Nutrition was taught to us in our health classes. It's a common subject in today's society, a society in which good nutrition is a part of life.

This sudden emphasis on good nutrition has also caused an emphasis on weight control. This emphasis has caused society

to hold the value that "thin is in." Granted, this influence is not as strong as it was in the 70's. But one thing has not changed. This attention has caused a lot of Americans to go overboard.

American business has taken advantage of this opportunity to make a fortune. Many products have been marketed that claim to help dieters achieve their goal. The products on the market include diet pills, diet gums, diet shakes, diet bars, solar suits, reduction belts, and many more.

There are also hundreds of books on the shelves about types of diets. Health clubs have popped up all across the country and charge high membership fees. Even now you can go away for a month and come back relaxed and slim.

American businesses have also used the media to increase the power of this fad through both advertising and talk shows. This fad has turned into a million

(continued on page 13)

Cholesterol looms as a big issue in American life today

by Tammy Stecko
Collegian Staff Writer

Cholesterol has been in the spotlight of health experts and the media in recent years and now many people have taken the hint.

Many of us are taking steps to lower our cholesterol levels. Cholesterol increases the risk of coronary heart disease (CHD), the nation's leading cause of death. The benefits of reducing blood cholesterol levels have been stressed in newspapers, documentaries, magazines, and even in the aisles of our grocery stores.

After becoming familiar with the facts, it is up to each individual to decide whether to make changes in his eating habits.

The fact is that high blood cholesterol and obesity are related to CHD. Some of you, after being tested this semester, found that your blood cholesterol levels were elevated.

People who have elevated blood cholesterol and who reduce it also reduce their risk of heart attack.

You can lower your blood cholesterol by eating foods that are lower in cholesterol and saturated fats and reducing your

weight by reducing the amount of calories you consume. The body produces enough cholesterol for its own needs and you will be getting minimal cholesterol in some foods you eat even if you make diet changes.

The best food choices to lower your cholesterol level are lowfat dairy products, lean meats, seafood, poultry, fruits and vegetables, and whole grain products.

Fruits and vegetables are stressed in a low cholesterol diet for many reasons. The most obvious is that they contain no cholesterol and are low in

saturated fat (except coconuts).

But even more important in meal planning, fruits and vegetables add color, texture and variety to any meal. They are also excellent sources of vitamins and minerals. A diet low in cholesterol does not have to be boring, tasteless, colorless, or unappetizing.

That is the excuse that many people use to rationalize not lowering their cholesterol levels.

By making changes slowly, people find that the shift in their dietary habits hasn't been too drastic. Three small changes in your diet can increase your chance

of living a longer life. These changes are simple and can be applied without making a gap in your daily eating routine.

They can make an improvement in the way you act, look, and feel. These modifications are 1) eating fewer calories, 2) eating less total fat, and 3) eating less saturated fat.

It is up to you whether it is worth the minimal effort it takes to reduce the cholesterol in your diet. Ask yourself one question: What is more important to me - a hamburger and french fries for lunch or a healthy life? The choice is yours.