College and Health is it Possible?

Yes, but it is not easy to maintain a healthy lifestyle in college, especially if you live on campus. In order to eat healthy you need to make the decision to eat healthier and be willing to commit to eating differently.

AT THE CAFETERIA

The cafeteria may not seem like it offers many healthy choices at first glance but there are many ways to have a healthy meal in the café. Do not be afraid to ask for something custom made, you can really cut unhealthy fat by asking them to cook a veggie burger or just a plain hamburger. Also go for the greens, we have a full salad bar; take advantage of it. Avoid soda, there are plenty of other options such as milk, chocolate milk and water. Instead of having an ice cream cone to go, choose a banana or apple instead, both are healthy and sweet alternatives.

AT LA CARTE

The Carte has many healthy choices to choose from and it is very easy to choose a fruit cup or veggies with dip in place of chips. The Carte also has salads daily. Choose a salad instead of buffalo wings next time. Once again watch how much soda you are drinking. Soda is not healthy in any amount. Always try to aim for juice and water.

THE SPOT

While it may seem IMPOSSIBLE to eat healthy in the Spot, there are choices that can be healthy. Try grilled chicken rather than crispy or spicy. Also instead of getting fries or chips with your meal ask for fresh fruit. Have light or baked chips rather than regular chips. Finally try to avoid the soda and choose a healthier option.

Safe Snacks For On The Go

While college students are always on the run it can be hard to find healthy snacks that are convenient. Here is a list of quick, easy, and healthy snacks:

- **Granola Bar:** The all-natural bars can help to increase your energy.
- **Crackers:** Low fat crackers can help keep you going all day and are a reliable smart energy source.
- **Apples:** Help your memory, wake you up, have a low caloric count, and are also inexpensive.
- **String Cheese:** It is convenient and it is healthy. Dairy products are a great source of calcium and proteins.
- **Nuts:** Nuts are great because they help you feel full longer. Try to stay away from salted nuts.
- **Popcorn:** Choose the low-fat single serve bags, and avoid the butter.

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WHEN MIXING BECOMES DEADLY

Recently actor Heath Ledger passed away from a deadly combination of prescription painkillers and sedatives. Unfortunately this happens frequently in America today. Many people do not know, or understand the negatives effectiveness of mixing medications. Although some medications are safe to take with one another there are many combinations that can and have caused death in a person who unknowingly mixes them.

One of the major misconceptions is that over the counter drugs are not dangerous. Over the counter drugs are just as dangerous as prescription drugs, if not more dangerous because the consumption of over the counter drugs is not monitored by a doctor. Another fact that people should be aware of when mixing medications is that although you should pay attention to how the different ingredients interact, you also need to be careful about too much of the same ingredients. You could overdose on one ingredient through multiple medications.

Adverse drug reactions (ADRs), or any harmful, unintended, or unwanted effect of a medication, are a leading cause of illness and account for an estimated 7,000 deaths annually in the United States. Also almost ALL over the counter and prescription drugs have negative interactions when combined with cocaine, heroin, marijuana and most other illegal drugs.

An Extra Risk For Women?

For women there is more of a risk of unwanted interactions when mixing drugs. "Recent findings suggest women are significantly more likely to suffer from adverse drug interactions because of their biology and likelihood of taking more than one medication," said Phyllis Greenberger, president and CEO of the Society for Women's Health Research. "Women should think twice before combining even commonplace products like Ibuprofen, St. John's wort and oral contraceptives with other drugs."

Not only are women generally more at risk but many of the drugs that women commonly take are more likely to interact negatively. For birth control, the FDA (Food and Drug Administration has created a warning specifically against taking oral birth control pills with St. John's wort because it can make the birth control less effective.

How To Prevent a Deadly Combination

The FDA (Food and Drug Administration) has provided a couple of pointers when mixing medications in order to prevent unwanted interactions and side effects:

- Tell your doctor about everything you take, including prescription and nonprescription drugs and dietary supplements.
- Stop taking all herbs at least 2 weeks before surgery as many interfere with anesthesia and affect blood clotting.
- Drugs may interact with certain foods and beverages, so ask your doctor or pharmacist if there are any dietary modifications you should make.
- Let your doctor know about any symptoms that may be side effects.
- Keep track of when you take your medications.

Source: The Society For Women’s Health Research
On most foods there is a nutrition label or nutritional information but do you know how to read it? Below is a brief explanation of the different parts of a nutrition label. Nutrition labels are there to help you make healthy choices. Nutrition Labels are meant to be used as a tool. When used properly they can help you achieve weight loss, gain or maintain your current weight.

When you look at a Nutrition Label the first thing you want to do is look at the “Servings” information. Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, “How many servings am I consuming?”

The nutrients listed are the ones Americans generally eat in adequate amounts, or even too much. Eating too much of these may increase your risk of certain chronic diseases. Important: Health experts recommend that you keep your intake of saturated fat, trans fat and cholesterol as low as possible.

The % Daily Value helps you interpret the numbers (grams and milligrams) by putting them all on the same scale for the day (0-100% DV). The % DV column doesn’t add up vertically to 100%. Instead each nutrient is based on 100% of the daily requirements for that nutrient (for a 2,000 calorie diet).

Most Americans don’t get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions such as osteoporosis, and heart disease.

The full footnote does appear, it will always be the same. It doesn’t change from product to product, because it shows recommended dietary advice for all Americans and it is not about a specific food product.

## Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 250</th>
<th>Calories from Fat 110</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>12g</td>
<td>18%</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>3g</td>
<td>15%</td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>30mg</td>
<td>10%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>470mg</td>
<td>20%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>31g</td>
<td>10%</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sugars</strong></td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin A</strong></td>
<td></td>
<td>4%</td>
</tr>
<tr>
<td><strong>Vitamin C</strong></td>
<td></td>
<td>2%</td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td></td>
<td>20%</td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td></td>
<td>4%</td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td><strong>Sat Fat</strong></td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>
Hoodia: The Weight Loss Herb

Hoodia, a natural appetite suppressant, is earning attention for its ability to help the fight against obesity and losing weight. Hoodia is an herb that is found in a cactus-like plant only in the Kalahari desert. Bushmen have been eating this plant for centuries to fight hunger during long desert treks. Scientists say that the active ingredient in Hoodia, P57, acts on the brain in a manner similar to glucose and sends the message that you are full even when you have not eaten, thus decreasing your desire to eat. Ingestion of the Hoodia plant has no known reported side effects, although its taste is considered to be unpleasant and bitter. Because of uncertainty about the effects and safety of Hoodia, it is best to wait for more research to prove its efficacy before consuming the product.

WHAT IS HIGH FRUCTOSE CORN SYRUP?

High fructose corn syrup (HFCS) is a sweetener made from corn. High-fructose corn syrup goes directly to the liver, releasing enzymes that instruct the body to store fat! HFCS also can increase cholesterol levels, slow down fat burning and cause weight gain.

Research indicates that it does not stimulate insulin production, which usually creates a sense of being full; therefore, people may eat more than they should. The important chromium levels are lowered by HFCS which may then contribute to type 2 diabetes and obesity.

Products that have HFCS
- Pizzas
- Baked Beans
- Candies
- Yeast Breads
- Sweetened Yogurt
- Baby Food
- Ketchup
- Cookies
- Beer
- Sodas
- Juices
- Stove Top Stuffing
- PowerAde
- Snapple
- Cool Whip
- Pickles
- Mott’s Applesauce
- Ritz Crackers
- Fig Newtons
- Pop-Tarts
- Breakfast Cereals
- & MANY MORE FOODS!!!!

Tips for cutting back on HFCS
- Buy 100 percent fruit juice instead of fruit-flavored drinks.
- Choose fresh fruit instead of fruit juices. Even 100 percent fruit juice has a high concentration of sugar.
- Choose fruit canned in its own juices instead of heavy syrup.
- Cut back on soda.
- Take inventory of your refrigerator, freezer, and pantry.
- Start reading the food labels. If HFCS is one of the main ingredients (which are listed in descending order on the food label), scratch it off your grocery list—permanently.
- Try to limit foods that have “sugar” as one of the first ingredients.
- Start shopping around the perimeter of your grocery store; this is where you will find the foods in their natural, unprocessed state.
- Fill your grocery cart with low fat dairy products, fresh fruits and vegetables, lean meats, eggs, beans, peas, lentils, nuts, seeds, whole grains, cereals and breads.

High fructose corn syrup is the sweetener of choice for many manufacturers because it has a longer shelf life than regular sugar known as sucrose.

High fructose corn syrup is not the same as sugar

High fructose corn syrup is made from corn syrups which have undergone enzymatic processing in order to increase their fructose content and are then mixed with pure corn syrup, basically meaning they are manufactured sugars. On the other hand, regular table sugar is natural and is formed by plants.

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We’ve all heard that exercise and diet are important in losing weight, but what foods help? The answer is right here! Below are 5 foods that can make you feel great and lose fat!

1. Oatmeal: fiber in the rolled grain curbs your appetite without a lot of calories—it will help you eat less and lose weight.

2. Vegetable juice: research has shown that if you drink one glass before mealtime you will eat fewer calories later.

3. Fat-free milk: studies show that as calcium intake increases body fat decreases, and two servings of calcium a day can reduce the risk of gaining weight by as much as 70%!

4. Nuts: Nuts are a healthy snack to maintain a healthy weight.

5. Green tea: helps boost your body’s metabolism and fat burning abilities.

Some other great foods for fighting fat are:
- Peanut butter
- Dried fruit
- Olives and olive oil
- Garlic and onions
- Leafy greens

APPLES!!!

“An apple a day keeps the doctor away” is the a common phrase. Apples are a source of fiber and this helps in keeping regular. But did you know that eating apples can help with memory?

* Apples have antioxidants that raise the levels of the neurotransmitter Acetylcholine, which is the key neurotransmitter for memory.
* A study done, using mice, about Alzheimer's disease showed that there was a memory boost when apples were consumed. After a month the mice did a better job on the maze.

What Are B vitamins

B Vitamins, especially B6, B12, and folic acid - protect neurons by breaking down homocysteine (an amino acid that is toxic to nerve cells).
* They’re also involved in making red blood cells, which carry oxygen.
* Best sources: spinach and other dark leafy greens, broccoli, asparagus, strawberries, melons, black beans and other legumes, citrus fruits and soybeans.

Antioxidants like vitamins C and E, and beta carotene

Fight free radicals, which are atoms formed when oxygen interacts with certain molecules. Free radicals are highly reactive and can damage cells, but antioxidants can interact with them safely and neutralize them. Antioxidants also improve the flow of oxygen through the body and brain. (Best sources: blueberries and other berries, sweet potatoes, red tomatoes, spinach, broccoli, green tea, nuts and seeds, citrus fruits, liver.)
Is Caffeine Really Addictive???

How often do you drink coffee or products containing caffeine? Weekly? Daily? Multiple times throughout the day? Well according to the National Coffee Association the average American coffee drinker consumes 3.4 cups of coffee a day. Considering that there are 24 hours in a day and the demanding schedules of typical Americans, especially among college students, 3 cups does not seem like too much. However what concerns researchers are the symptoms that arise when regular coffee drinkers miss a cup or stop drinking coffee. Studies suggest that participants reported headaches and difficulty concentrating on their task while abstaining from coffee. Others displayed more severe symptoms such as depression, nausea, vomiting or muscle pain as a result of abstaining from coffee. It was also mentioned that withdrawal symptoms can possibly last from two to nine days. Researchers from John Hopkins University have released an article to consider adding caffeine addiction and withdrawal symptoms to the list of mental disorders.

So does this new health development mean we should give up all of the caffeine products we love and cherish? Of course we at WOW had to get to the bottom of this.

Some researchers have found that coffee in moderation positively affects your body because it enhances metabolism, memory and offers an extra boost of energy. Also coffee in moderation can be an aid in protection from diabetes type 2 and gallstones to name a few. According to the American Dietetic Association, excessive amounts of coffee are where the problem begins... But what about college students and midterms??? What the Health????

- www.caffeineawareness.org
- www.seatletimes.nwsource.com
- www.seMissourian.com