

Healthy Headlines

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CSB Health
Advocates!



March 2009

**March is National
Nutrition Month!**

Upcoming Events:

Love Your Body Week:

Monday, 3/23: HA Booth,
11am-2pm, Gorecki Lounge

FREE massages, 8-10pm,
Gorecki 204C

Tuesday, 3/24: FREE Facials,
6-8:30 pm, Margretta Basement
(by appointment ONLY-contact
Kenna Belcher at
mabelcher@csbsju.edu)
Snacks Provided

Wednesday, 3/25: FREE Yoga, 7
-8 pm, BAC Dance Studio

**PRIZES will be given away at
each event!**

**Sign the petition (at each
event) on why you LOVE
YOUR BODY!!**

For a lifetime of better
health:

- * Choose more nutrient-rich foods such as fruits, vegetables and whole grains
- * Maintain a healthy weight
- * Be physically active
- * Minimize stress
- * Get plenty of sleep

Love Your Body Week is March 23-27

Eat Your Way to Better Health

A strong immune system is one of your best defenses against infections from bacteria and viruses. And, a healthy immune response helps protect against other health problems such as arthritis and certain types of cancer. Good nutrition is essential to maintaining the immune system's ability to function at optimal levels.

- **Start your day with a healthy breakfast.** Total nutrient intake for the day is usually higher for children and adults who eat breakfast. A breakfast of whole grain cereal, milk and 100 percent orange juice can provide 100 percent of the vitamin C, 33 percent of the calcium and a good supply of folate and other nutrients for a day.
- **Swap whole grains for refined grains.** Simply changing to whole grain alternatives adds more nutrient-rich foods to your diet.

Whole grain breads, brown rice and whole grain cereal can help enhance fiber intake while providing protective antioxidants. Be sure to check the ingredients label to make sure a food contains whole grain. Snacking on whole wheat crackers or popcorn is a quick way to get the nutritional benefits of whole grains.

• **Trouble-free veggies:** Grab a bag of pre-washed salad greens and a variety of pre-cut veggies for a quick, nutrient-rich salad. Toss chopped steamed or sautéed vegetables with your favorite pasta or on top of pizza to add more nutrition to your favorite meals. Color your plate with a variety of vegetables—red, orange, green, and yellow—to get key vitamins and minerals such as potassium.

• **Choose fresh, whole fruit.** Opt for fresh fruit as a convenient on-the-go snack or a naturally sweet dessert. Smoothies are another easy way to add more fresh fruit to your diet. Just whip up some fresh or frozen fruit, low-fat yogurt, fat free milk, and orange juice in a blender for a cool, refreshing drink that's great tasting

and packed with nutrients.

• **Sneak in some beans.** Whether they're pinto, kidney, black, or navy beans—even chickpeas—all beans provide fiber, folate, and flavonoids which are important to maintaining overall health. Try them in salads, soups, burritos, mixed with rice or pasta, or just plain baked.

**LOVE
FOOD
hate waste**

Be sure to make smart choices when eating—especially at the Gorecki and the Reef—you can always go back for more!

Maintaining a Healthy Body

A healthy weight goes beyond the number on the scale: There's also your body mass index (BMI), which is a measurement that determines if you're at an appropriate weight for your height by estimating your body fat. To calculate your BMI, your height and weight are entered into a mathematical equation and the resulting number reveals whether you're underweight, normal weight, overweight or obese. You can

figure out your BMI with this formula: (Weight in pounds) divided by [(height in inches) x (height in inches)] x 703
Once you've determined your BMI, use the following chart to determine where you fit in:
Below 18.5: Underweight
18.5 - 24.9: Normal
25 - 29.9: Overweight
30 and above: Obese
If your BMI is 25 or above and you're

not an athlete or you don't have a muscular build, you could be at risk for numerous health conditions including heart disease, type 2 diabetes. Talk with your physician about losing weight. On the other hand, if you're underweight, consult with your physician to determine if and how you should gain weight. For women, being underweight can interrupt the menstrual cycle and cause bone loss.

For More Info:

www.eatright.org www.nutrition.gov <http://www.aolhealth.com/diet/basics/body-mass-index>

www.4collegewomen.org