



Eatright

M

March



National Nutrition Month

In this issue

2 - National Nutrition Month article

3 - Get Rid of Myths and Get the Most Out of your Workout

3 - Stevia

4 - EAT this NOT that!

4 - Sleep Wellness

5 - Friendly Fiber

5 - ACAI Berry

6 - Protein Supplements

7 - 5 A Day

7 - Calorie Shifting

8 - Quiz

MCKINLEY
Your Campus Health Center

National Nutrition Month® (NNM) is a nutrition education and information campaign sponsored annually in March by the American Dietetic Association. The theme this year is Eatright.

Some key messages for the campaign this year are:

- The Eatright message is important for everyone, no matter what your age.
- A healthy eating plan:
 - Emphasizes fruit, vegetables, whole grains and low-fat or fat-free milk and milk products
 - Includes lean meats, poultry, fish, beans, eggs and nuts.
 - Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Make Your Calories Count. Think nutrient-rich rather than “good” or “bad” foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients – and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety. Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Include more dark green vegetables such as leafy greens and broccoli and orange vegetables like carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. And, eat at least 3 ounces of whole grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats. Look for foods low in saturated fats, trans fats and cholesterol to help reduce the risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated fats. Check the Nutrition Facts panel on food labels for total fat and saturated fat.

Physical Activity for Fitness and Health. Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness. Set a goal to be physically active at least 30 minutes every day.

The Registered Dietitians and Dietetic students on campus are working together to provide more nutrition education across campus this March. Here are some of the events that will be taking place to celebrate National Nutrition Month:

- Check out the National Nutrition Month newsletter at www.mhc.uiuc.edu

Find out the latest on some of the hottest diets and new food products on the market, written by the experts from McKinley Health Center's Nutrition Department.

- Look for weekly table tents at the Illini Union and in the Dining Halls that highlight nutrition month.
- Don't miss 2 fun and educational Nutrition Fairs:

March 11 4:45-7 pm at Peabody Dining Hall. Taste new foods and win cool prizes.

March 16 4-6 pm at ARC. Talk to Dietetic students about some of the latest food trends and win prizes.

Visit the American Dietetic Association website for more information on National Nutrition Month® and other nutrition topics at: www.eatright.org

If you would like to have a free personal dietary analysis, then make an appointment with a Registered Dietitian on campus. Call 244-0261 or 333-2714 today.



As Americans try to control their waistlines and their burgeoning health issues, it is imperative that the correct information about health and exercise is being dispensed. As more health and exercise products enter consumer's homes, so do the astronomical claims by these companies that promise certain results. These always come with disclaimers saying "results may vary." Below are three common exercise myths that much of society believes to be true.

Abdominal crunches can trim your belly fat

Fat storage on your body is not reduced by doing certain exercises, but by having an exercise regimen that includes both cardiovascular and resistance exercises. By having this balanced routine, your total body fat will eventually decrease which ultimately make those abdominal muscles, and any other muscles that you have been training, much more visible.

Women who resistance train will gain bulky muscles

Those professional female body builders have tarnished the image of resistance training among women everywhere. The likelihood that women will obtain bulky muscles is very slim. Women do not gain large bulky muscles because they lack the production of testosterone which is a key ingredient in muscle growth. Instead women produce estrogen which allows the muscles to improve in tone, strength and endurance. So women do not need to worry about the bulk and need to start pushing the guys out of the way of those dumbbells and get started.

You must stretch before your workout

Think of your muscles like a rubber band. When a rubber band is cold it has limitations on its stretching abilities. It also is more susceptible to being broken (or torn). When that same rubber band is warmed, it can stretch much further and is much more useful and productive. To stretch before you have started your workout serves no real purpose. Instead, warm-up by doing exercises similar to your workout in order to elevate your heart rate and get your muscles warm. Once you have finished your workout, end your workout by stretching those warm muscles which will elongate them. This post workout stretch will make your muscles more efficient and less sore when you come to exercise the next time.

With these myths being proved false, one can better structure their exercise plan so they can get the most out of each and every workout. Because after all, who wants results that are constantly varying?

Stevia

By Emma Hoffman
SportWell Intern

By Steve Clemonds
SportWell Fitness GA

As of December 2008, there's a new sugar alternative being sold in grocery stores. It is Stevia, a plant that has been used to sweeten products in South America for years. This is good news for those who are looking for a natural sugar substitute as opposed to artificial sweeteners, such as aspartame and saccharine. The Stevia plant grows naturally in South America, and rebiana, the sweetest part of the plant, is extracted and used as the main ingredient in natural sweeteners and as a sugar substitute in products. Consumers can expect to see rebiana as an ingredient in more products in 2009. Truvia is one brand name rebiana sweetener debuting on grocery shelves that boasts only 3 ingredients and a 99% natural product. Coca-cola already has plans to sweeten a new version of Sprite with the new product, and Pepsi will make products using their version of the sweetener, Purevia, in the future.

The FDA finally approved the product after years of tests and insisting that they were unable to prove that the plant wasn't toxic. Before, rebiana was available only as a dietary supplement, but was not approved for use as a sugar substitute. New evidence seems to support the idea that rebiana has minimal risks to one's health and may even hold some benefits. Tests have shown that stevia promotes insulin production and even suggest that it can help reverse the effects of diabetes, as well as lower one's risk for heart disease. It is also believed to improve oral health, skin problems, and risk for osteoporosis. More research is necessary to prove these claims. The FDA also notes that only rebiana, and not the whole stevia plant has been approved for use in American products.

(Continued on page 6)

Should you really **EAT this** **NOT that!**

By Emily Rogers
Nutrition Peer Educator

One of the hottest books of 2008, David Zinczenko's colorful *Eat This, Not That* seems to be a dieter's dream come true - thousands of restaurant and supermarket foods, compared side-by-side, and categorized into a "good" page and a "bad" page. By choosing the foods on the "good" (*Eat This*) side over those on the "bad" (*Not This*) side, one will save hundreds of calories and lose pounds quickly and easily. But is it really that simple? Let's take a closer look at this "no-diet weight loss solution."

The *Eat This, Not That* series helps bring to light the calorie, fat, sodium, and sugar content of many popular fast-food and supermarket items. Most of this information is already available to consumers online or on food labels, but it can be somewhat time-consuming to research and evaluate. This little handbook is convenient because it compiles many comparisons of name-brand foods into one easy-to-read portable guide.

Aside from this convenience, there is unfortunately little desirable content left to swallow in *Eat This, Not That*. Many of the health claims made by Zinczenko and his co-author Matt Goulding - such as that the choices in this book will help "rev up" your metabolism and "specifically target belly fat"—are completely unfounded in nutrition and medical knowledge. Although they might be lighter options than their "Not That" counterparts, many of the "Eat This" foods are still high in calories, and consuming them can still lead to weight gain if not appropriately worked into one's diet. This book also plays upon the "good food/bad food" mentality, neglecting the fact that *all* foods can be worked into a healthy diet.

If you have gobbled up *Eat This, Not That*, it is in your best interest to spit it back out. Aside from pretty pictures and convenient comparisons, this book is an unhealthy snack of skewed nutrition advice and fear-factor tactics. Without a calorie-deficient diet and exercise routine, these "swaps" will not lead to significant weight loss. For guidance on getting started on a healthy, nutritionally-accurate weight loss plan, consult a registered dietitian (RD), such as those at McKinley and McKinley Sportwell. Contact (217) 333-2701 to make an appointment.

Zelman, K.M. (2008). *Healthy Eating and Diet: Eat This, Not That*. <http://www.webmd.com/diet/features/eat-this-not-that?>

Zinczenko, D. & Goulding, M. (2009). *Eat This, Not That: Supermarket Survival Guide*. New York, New York: Rodale.



By John Nunez
SportWell Intern

Sleep is the necessity of our daily routines. Sleep is just as important as food, water, vitamins and nutrients. The most refreshing feeling is getting up and feeling brand new after a great night of sleep. Being able to be productive and accomplish everything in our day. However, not enough sleep can cause daily struggles with productivity, health, safety and relationships. Not acquiring the correct amount of sleep will put you at risk of poor health, not getting along with others, trouble with concentration, making decisions and difficulty to exercise to reduce the hormones that are released when sleeping. Obtaining the right amount of sleep is vital for your health and daily activities; it helps you to be able to perform the next day. The average amount of sleep that is required is 7-9 hours per night; some individuals can do with more or less sleep perform for the next day. Sleep requirements vary over a life cycle. Having continual sleep will help restore information in the brain and keep you refreshed and alert for the next day. Therefore, pulling all niters will not be beneficial to you or the grade you will receive. The brain needs sleep to function normally. By continuing to not sleep and continuing to study your brain will not properly register everything that you need to know. Sleeping after studying will help improve your chances of doing well and will help you to remember everything. Not only is it important to receive the correct amount of sleep for your brain and alertness, but most importantly hormones are secreted, blood pressure is lowered and the kidney functions change while sleeping. Along, with not receiving the correct amount of sleep you are decreasing the amount of REM (Rapid Eye Movement: the phase at which a person dreams a period of greater brain activity but less muscle activity) can lead to an increase in food intake resulting in weight gain. Quality sleep is very important especially receiving the correct amount of sleep. As students lets practice getting the right amount of sleep, so that we can have the most productive day and accomplish everything that needs to be done as students.

National Sleep Foundation at: www.sleep-deprivation.com

Quiz Answers

1. b,
2. d,
3. F,
4. b,
5. c
6. c,
7. b,
8. a,
9. F,
10. c

Friendly Fiber: It's Not Just from Prune Juice Anymore



Fiber bars, fiber toaster pastries, fiber yogurt, fiber drink sweetener? It seems that these days fiber is everywhere and in almost everything, but what exactly does fiber do, and is this much necessary?

Fiber is the component of plants we eat that cannot be digested. Don't worry, this doesn't mean it shouldn't be eaten, in fact it's quite the opposite. Because fiber cannot be digested, it can improve your body's natural regularity and impart other health benefits as well!

Fiber adds bulk to the foods you eat to keep things moving smoothly through your digestive tract and leave you feeling healthy and at your best. This bulk also contributes to the feeling of fullness to help you feel satisfied after meals and promote weight maintenance. In addition to these benefits, fiber has been shown to improve heart health as well. Studies have linked fiber intake to a decrease in cholesterol which can in turn decrease the risk of heart disease.

So how much fiber is needed to achieve these health benefits? The recommended daily allowance for men is 38 grams per day, and for women 25 grams. This may not seem like much but the average American only consumes about half this amount. For this reason, the current influx of fiber containing foods can be a great supplement to a healthy diet. To reduce the risk of abdominal discomfort, be sure to increase fiber intake gradually and drink plenty of water.

So, what's the bottom line? Fiber really is your friend, and it's definitely not just from prune juice anymore.

"Benefits of Fiber." <http://www.fiberone.com/Benefits/Default.aspx>. 13 Feb 2009

"Dietary Fiber: an Important Link in the Fight Against Heart Disease." American Dietetic Association Nutrition Fact Sheet 2006 13 Feb 2009 <http://eatright.org/ada/files/Metamucil_Fact_Sheet.pdf>.

By Laura Hornell
McKinley SportWell Nutrition Peer

ACAI BERRY

Acai berries have been used in a wide variety of products and are often labeled as a "superfood" by many manufacturers. They are added to a wide variety of products, from fruit juices to teas to lotions. Many consumers believe that this berry has healing effects and take it as a cure-all for whatever sicknesses they contract. However, one should understand what the acai berry is before using it as a meal replacement or as medicine, especially if not consulting a doctor or dietitian.

So what is the acai berry? This berry grows in the Amazon Rainforest throughout Brazil. It is grape-sized and is usually deep purple in color. Many say that it tastes like a cross between chocolate and blueberries, giving it widespread appeal. While not necessarily a "superfood", acai berries do contain a great deal of beneficial nutrients as well as many powerful antioxidants. They are abundant in healthy omega fatty acids fiber, vitamin E, calcium, and potassium. They also contain a great deal of anthocyanins, an antioxidant found in dark purple fruits and vegetables. Antioxidants help to maintain cell health by neutralizing unstable cells called free radicals. The acai berry is an excellent addition to any well-rounded diet rich in fruits and vegetables because of its extraordinary health benefits. However, it should not be used as a replacement for consuming a balanced diet or as a replacement for a multivitamin supplement.

Welland, Diane. "5 New Exotic Fruits: How "Super" good are they?" *Environmental Nutrition*, June 2008. Vol. 31. p 2-2

"Fruits and Vegetables." *Food Technology*, June 2007. Vol. 61, Issue 6. p 71-72

By Anne Kinsella
McKinley SportWell Nutrition Peer



Protein Supplements and Exercise

Tired of spending a lot of money on expensive protein supplements to gain more muscle mass? You don't really need to! Unlike popular claims from protein supplement companies, consuming extra protein does not necessarily lead to bulkier muscles. This may only be true if you are also doing significant exercise and even then, the increased protein requirement can easily be obtained from the food you eat.

People often think that since muscle is made up of protein, that the only way they can get larger muscles is to consume large amounts of protein. The main problem with this view is that what is ingested is not automatically incorporated into muscles. In fact, if you eat more protein than your body uses, it will be stored as fat. Bodybuilders who take in high-protein shakes and bars may be adding more to their waistline than their biceps!

Protein is one of the basic building blocks for the body. The recommended protein intake for healthy adults is 0.8g/kg/day. However, research has shown that athletes, both strength/power and endurance, have an increased need for protein, which ranges from 1.2-1.8g/kg/day. As it turns out, it's very easy to meet this higher need from food (Look at the list of some high protein foods below). Currently, there is no evidence that very high protein diets, greater than 2.0g/kg/day, will increase muscle size. In fact these type of diets may even increase health risks, including dehydration, bone loss, kidney damage, and susceptibility to certain cancers.

Protein supplements are not for everyone. Remember, hard work and healthy eating are the keys to improving exercise performance; not jars, cans, or plastic containers!

Food	Amount	Protein
Fish	3 oz	21 grams
Chicken	3 oz	21 grams
Turkey	3 oz	21 grams
Meat	3 oz	21 grams
Milk	8 oz	8 grams
Tofu	3 oz	15 grams
Yogurt	8 oz	8 grams
Cheese	3 oz	21 grams
Eggs	2 large	13 grams

By Ghazal Naseri
McKinley SportWell Nutrition GA

References:
www.acsm.org
www.about.com
<http://health.msn.com/fitness/>

Stevia

(Continued from page 3)

Some still argue that the new sweetener is not foolproof. More testing needs to be done before experts can be completely sure that the product is safe. Some concerns include reproductive problems, cancer, and metabolism issues. While stevia has been used successfully in other parts of the world, the use of sugar substitutes is more frequent in the United States than in any other country, which causes more concern. Most experts do agree that rebiana is safe if consumed in small doses, but consumers should be conscious of possible long term effects before adding the sweetener to their everyday diets. The recommended maximum limit is 12 milligrams per kilogram of body weight per day, which is equivalent to thirty packets of Truvia for a 150-lb person per day.

Cohn, Meredith (February 9, 2009). *Stevia joins list of sugar substitutes*. Baltimore Sun. Retrieved February 18, 2009 from <http://www.baltimoresun.com/entertainment/bal-to.hs.sugar09feb09,0,3105703.story?page=1>

Richard, David (2008). *Questions and answers about stevia*. Retrieved February 18, 2009 from <http://www.stevia.com/SteviaArticle.asp?id=2269>

Truvia News(2009). Retrieved February 18, 2009 from <http://www.truvia.com/news.html>

Calorie Shifting

By Leia Kedem
McKinley SportWell Nutrition GA

Getting enough fruits and veggies?

By Paige Ortman
McKinley SportWell Nutrition Peer Educator

Did you know that the average American consumer eats only about three servings of fruits and vegetables a day? The Dietary Guidelines for American recommend that we eat at least **5 to 9 servings** every day.

“So what is the big deal about fruits and vegetables anyway?” Fruits and vegetables have vitamins, minerals, antioxidants, and they are usually low in calories. Additionally, many provide an ample amount of fiber, which can help with weight maintenance.

“What is a serving of fruit and vegetables?” Aim for about ½ cup. Greens veggies like spinach and lettuce have a serving size equal to one full cup (about the size of a fist). A single piece of fruit, such as an apple or an orange, counts as one serving.

“But how do I grocery shop for enough fruits and veggies?” Put fruit and vegetables at the top of your list! To meet the recommendations, one person should purchase at least **35 servings** of fruits and vegetables every week. Here's what to put on your list:

- Apples, oranges, bananas, grapes, grapefruit, melon, strawberries, blueberries, exotic fruits, etc.
- Potatoes, lettuce (the greener the better), tomatoes, onions, green/red/yellow peppers, mushrooms, carrots, celery, cucumber, squash, zucchini, broccoli, cabbage, etc.
- For salads: cut up vegetables or buy packaged salad fixings.
- Frozen and canned fruits and veggies are easy to prepare and store.
- To save money, buy produce when it is in season.

For any other questions and quick tips, visit MyPyramid.gov.



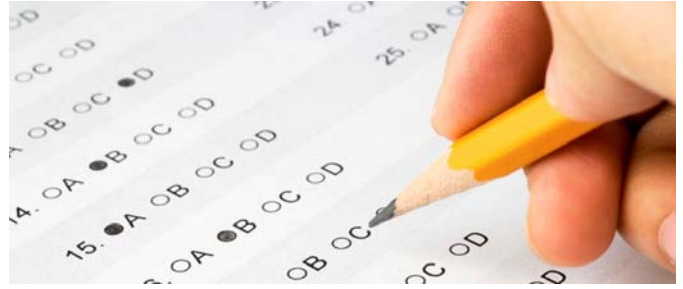
How to eat 5 a day

If you're trying to lose weight, you might have heard about "calorie shifting." What is calorie shifting? Many websites advise eating a set calorie amount to maintain your weight for one month. After this period, you "confuse" your metabolism by having more than your basic calorie allowance for two days one week, less than that amount for two days the next week, a high amount for two days the next week, and so on. The idea is to keep your metabolism burning calories at a high rate and to prevent it from adapting to run at a lower amount, which can happen if you consistently take in the same amount of calories. However, your metabolism is based on much more than your calorie intake. Muscle mass, age, and gender all play a big part in determining your metabolic rate, and there are factors other than "tricking your metabolism" that result in weight loss. One reason why you may lose weight faster on this plan is because you don't deprive yourself. There's no prolonged calorie and food restriction, and you'll probably have a bowl of ice cream on high calorie days rather than having extra salad. Allowing yourself such treats prevents bingeing on "forbidden" items later on and giving up on your diet. Remember, if you take in fewer calories than you need over time, you will lose weight. You also need less calories as your body gets smaller, so keep that in mind if you find yourself hitting a weight loss plateau. If you have more questions regarding calorie shifting or other plans that claim to speed up weight loss, make an appointment with a registered dietitian at McKinley Health Center by calling (217) 333-2714 or SportWell at (217) 244-0261.

<http://exercise.about.com/cs/weightloss/a/weightplateaus.htm>

<http://ifitandhealthy.com/calorie-shifting-diet/>

QUIZ



1. Which one is the approximate maximum amount of Truvia that a 120-lb person can have per day?
 - a. 12 mg
 - b. 650 mg
 - c. 800 mg
 - d. 1440 mg
2. Acai berries can help fight/prevent cancer because of their:
 - a. Calcium
 - b. Potassium
 - c. Omega 3 fatty acids
 - d. Anthocyanins
3. True or false:
Acai berry can be used as a replacement for any well-balanced diet because of its extraordinary health benefits.
4. Which statement is true?
 - a. Fiber cannot be added to a wide variety of food items.
 - b. Fiber should be consumed along with plenty of water to decrease risk of constipation.
 - c. An average male American consumes 38 grams of fiber per day.
 - d. Since fiber cannot be digested, it can upset the digestive tract and thus should not be consumed daily.
5. The purpose of _____ is to prevent body metabolism from adapting to run at low rates.
 - a. Eating acai berries
 - b. Eating fiber
 - c. Calorie shifting
 - d. Use of natural sugar substitutes
6. What is the protein requirement for heavy-lifters?
 - a. 0.8 g/kg/day
 - b. 1-1.2 g/kg/day
 - c. 1.2-1.8 g/kg/day
 - d. >2 g/kg/day
7. Which statement is true?
 - a. The more protein consumed, the more protein stored in muscles.
 - b. Protein requirement depends on weight, severity and length of physical activity.
 - c. Very high protein diets can increase muscle mass significantly.
 - d. It is almost impossible for body builders to meet their daily protein needs only from food.
8. Which of the following fruits and vegetables is **NOT** equal to one serving?
 - a. ½ cup raw spinach
 - b. 1 medium apple
 - c. ½ cup chopped carrots
 - d. 1 cup cooked green beans
9. True or false:
Diets can be targeted towards specific body parts.
10. Which statement is true?
 - a. Not all foods can be included in a healthy diet.
 - b. By eating only foods on the “good” side of “Eat This Not That” book, one can lose weight easily without gaining it back.
 - c. Weight loss can be best maintained by low-calorie diets and regular physical activity.
 - d. Good food vs. bad food is the right approach for a healthy diet.

Quiz answers on page 4

