

total wellness

a usac & student welfare commission publication

10 FOODS

TO BOOST METABOLISM

KNOW YOUR FATS

FATS YOU NEED AND
FATS TO AVOID

IMPROVE BODY IMAGE

LOVE YOUR BODY &
CHANGE YOUR VIEWS
ABOUT YOUR WEIGHT

QUICK & HEALTHY BREAKFAST IDEAS

IN THE DINING HALL
OR WHILE SPRINTING
OUT THE DOOR

EXERCISE FOR GOOD HEALTH

HOW TO MAKE IT A
HABIT NOW



the
I  MY BODY
issue

editor's note

I'M NOT GOING TO LIE: in the midst of brainstorming for this issue of *Total Wellness*, we ran into a bit of trouble finding a name for it. Certainly, writing about the delicate subjects of weight and body image can be a sensitive task to be handled with utmost care. Ironically, though, that's exactly why our initial inclination was to call this one the "Fat Issue." A cheap ploy and exploitation of social sensitivities to get your attention, I know. Worse, though, is that we know it would have worked.

THE FACT THAT "fat" issues are still surrounded by a cloud of taboo, predominantly colored by the media's indoctrination against it, shows that we need to have some more "fat" talk around here. Just how much do we need it? Our anonymous personal, and very real, story on page 6 might tell you. Flip to page 14, where staff writer Kathryn Papadopoulos uncovers where some of it might start. Or maybe to page 28, where Sherry Chen tells us how "fat" can become quite an arbitrary designation when our scales becomes our sole counsel. And just when we all thought this was a woman-specific issue, Fritz Batiller on page 16 shows us how we were wrong.

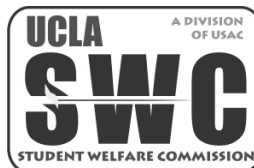
SO, THEN, WHY IS IT so taboo for us to call it the "Fat Issue"? And why did we drop the name? In preparing this edition, we also thought that calling it the "Fat Issue" would allow us to convey, in one word, the slew of topics we were going to cover: from the way "fat" is portrayed in the media, to nutrition and fitness, to disease. Yet after completing production and looking at the articles once integrated into the whole, we saw just how unstable of a concept "fat" has become. And because we also hoped to convey possible solutions - such as the resources that UCLA offers to encourage "fat" talk and body image integrity - we wanted to show that a healthy lifestyle begins not just with an understanding of one's nutrition and rejection of the "fat" construct, but moreover with an active and conscious effort to appreciate and nurture the whole of one's own body.

We hope that after reading this issue, you'll agree with us too. That is, if you don't already.

As always, thanks for reading.

Sincerely,

Elizabeth Wang



mission

Total Wellness is a division of the Student Welfare Commission that is dedicated to elucidating student health and healthcare in an efficient and effective, student-friendly form. By advocating specific lifestyle changes, providing recommendations for physical, mental, and social well-being, and making visible and accessible various health resources, programs, and events occurring at UCLA, *Total Wellness* seeks to empower students with up-to-date and accurate knowledge on the appropriate management of their health.

Like what we do?

Then let us know! If you have questions or comments for our magazine or would like to suggest a topic for us to explore and publish, then don't hesitate to contact us at SWCtotalwellness@gmail.com. We'd love to hear from you.

Love what we do?

Join our team! *Total Wellness* is currently looking for writers, designers, and managers who are willing to put in the time and effort to make this magazine even better. We're a fun crew, and if you think you are just as passionate as we are, then the more the merrier. Contact us via e-mail or fill out an application at www.swc.ucla.edu.

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contents

VOL 10, ISSUE 3

04 **bruin resources**
Love Thy Body
 Navigating health, body image, and nutrition resources at UCLA

06 **editorial**
From the Eyes of a Recovered Anorexic
 One writer's personal account

08 **Life, Love, and the Pursuit of Perfection**
 Two perspectives on the societal & cultural influences of self-perception

10 **feature**
Breakfast
 Breakfast ideas in the dining hall, apartments, and on the go

12 **Breaking Down the Nutrition Label**
 "Nutrition Facts" decoded

13 **Fast Facts on Fast Food**
 How to eat smart at Ackerman's Avenue A and Food Court

14 **life**
Female Self-Perception
 Breaking down media & social constructs of femininity

16 **Tough Guy, Tough Guise**
 Putting perspective back into male body image

18 **get active**
Cardio for College
 10 easy steps & exercises

20 **eat right**
Get Your Fats Straight
 A look into which fats are essential and which ones to avoid

22 **Rethinking Sugar**
 A guide to popular sweeteners, from table sugar to agave

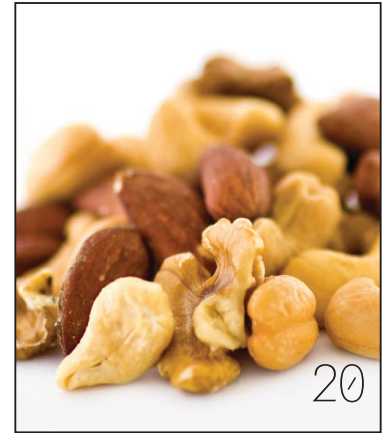
24 **10 Foods To Boost Your Metabolism**
 How to fuel your metabolism with nutritious choices

26 **mind matters**
Disordered Eating & Eating Disorders
 At what point does a concern with food or your body turn into an obsession?

28 **body in focus**
Debunking the Skinny Immunity
 Common misconceptions about being "skinny"

30 **food pick**
Avocados
 More than just a dip with chips and salsa

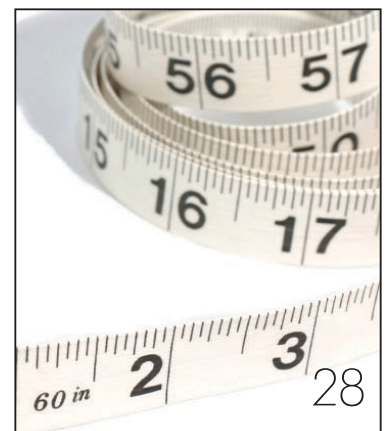
31 **recipes**
Simple Spring Cooking
 Minestrone, Calzones, and Flan!



20



22



28



30

We here at UCLA are blessed to be living in Los Angeles—a land of sunshine, culture, entertainment, and of course, stars. But being surrounded by all that Hollywood glam can take a toll on a person. For those days when you're feeling less than glamorous, here are some useful resources around campus that you can turn to.

love thy body:
navigating health &
nutrition resources
at UCLA



// BY LILLIAN ZHANG | DESIGN BY STEPHAN CHIU
AND ELIZABETH WANG

EATASK FORCE

The EAT (Eating & Activity Task) Force is a campus-wide task force that aims to minimize the main nutrition-related health problems on campus (eating disorders, dysfunctional eating, overweight/obesity, size prejudice, and poor nutrient intake). The EATask Force meets the first Tuesday of every month from 11-12 PM in the Wooden Center. The Task Force collaboratively develops, reviews, and promotes programs, services, and activities that help students eat well, be active, and feel good about their bodies.

For more information, e-mail jdejager@saonet.ucla.edu.

BRUIN RESOURCE CENTER

Student Activities Center, B44
310.825.6385

www.brc.ucla.edu

The Bruin Resource Center (BRC) offers support for students dealing with body image and other health related concerns.

Stop by their office to pick up informational pamphlets about your health concerns and learn where you can go for more help. For more information, email brc@saonet.ucla.edu.

COUNSELING AND PSYCHOLOGICAL SERVICES

John Wooden Center West Building
310.825.0768

www.caps.ucla.edu

CAPS offers individual and group counseling and psychotherapy, as well as support groups (sign up in person or by calling 310-825-0768, as space is limited). The Disordered Eating Group meets Fridays from 11:00 -12:30. Look on the CAPS website for more information about Wellness Skills Groups! Coming soon from CAPS—Reflections: The goal of the Reflections Program is to promote healthy body image on campus by ending “fat talk”.

For more information on the program, go to www.reflectionsprogram.com.

ONLINE RESOURCES

Nutrition, Fitness and Body Image: www.snac.ucla.edu

Meditation/Relaxation Audio Tapes: www.LifeEd.ucla.edu

Want information about nutrition from a trained professional?

- ❖ **EMAIL** your nutrition and body image questions to nutrition@saonet.ucla.edu.
- ❖ **TALK** to a Nutritionist & Personal Trainer one-on-one in Ackerman Union, A level, (1st Tuesdays 12-1:30 PM)
- ❖ **REGISTERED DIETITIAN**, Jill DeJager, is also available to provide free body image or nutrition workshops to student groups. Get in touch with Jill at jdejager@saonet.ucla.edu.

Want to learn more? Take a class!

UCLA offers a number of academic classes for health promotion that address body image concerns:

LIFE SKILLS FOR COLLEGE STUDENTS (CHS 179)

This course is designed to analyze a student’s emotional, identity, and social development and is taught by UCLA staff members representing a number of different departments involved with student affairs.

NUTRITION & BODY IMAGE LIFE SKILLS(CHS 19)

This course examines the personal, social, and environmental factors that influence college students’ eating behaviors, physical activity patterns, and body image. Students will learn the necessary skills to develop an individualized plan for eating well, being active, and feeling good about their bodies.

Want to get involved on campus?

STUDENT HEALTH ADVOCATES

The Student Health Advocates (SHAs) offer free, friendly, and convenient services including referrals, health information, health-related programming on campus and in the residential halls, and community health outreach programs. Look for SHA body image programs coming soon to your local residence halls!

Want to see more body image programming in your dorm building, or just want to talk to a SHA about body image or other health-related issues?

For more information, e-mail SHAatUCLA@gmail.com or go to www.swc.ucla.edu.

HEALTH, NUTRITION, AND FITNESS

The Health, Nutrition, and Fitness committee (HNF) works to improve student welfare through proper nutrition, fitness and health education. Throughout the year, HNF holds a number of workshops related to healthy eating and promoting positive body image attitudes. Beyond workshops, HNF also hosts the Bruin Health Symposium each year during Bruin Health Week of spring quarter.

For more information, email swchnf@gmail.com or go to www.swc.ucla.edu. 

FROM THE EYES OF A *recovered* ANOREXIC

// BY JOCELYN C.* | DESIGN BY ELIZABETH WANG

“THERE’S A DROP OF OIL IN MY SOUP...a tablespoon of oil is 120 calories...
... that drop looks like a tablespoon...
HELL NO AM I GOING TO EAT THAT.”

* Name of UCLA student has been changed to preserve anonymity

THAT WAS just one of a million distorted, twisted, thoughts that ran through my head every day, every minute, every second while I was living in my nightmare of anorexia. I’m willing to recount my journey with my eating disorder and my eventual recovery today, and I truly hope that you would have learned something after reading my story.

EATING DISORDERS are largely psychological—they stem from our fears, our anxieties, our daily struggles with our self-image, our family, our friends. Since the beginning of high school, I felt that I was always being compared to a close friend of mine. Because she was of similar height and weight, I was compelled to compare myself to her. She was popular with the boys, she had the ideal, peaceful, loving family, she had the smarts, she had the perfect body. I looked at her with awe and jealousy, but those feelings were largely forgotten as I began to fully immerse myself in my studies and extracurricular activities.

I believe that I truly started developing my eating disorder in the summer after high school when I decided to become vegetarian. Being vegetarian offered an easy segue into restrictive eating. I’ve never been one to advocate diets, and I truly believed in a healthy lifestyle, but I was amazed at how much weight I could lose by simply eating a little less. When I lost weight, my feelings of envy for my friend resurfaced. At the time, I was struggling through school and a divorce within the family, and seeing how happy and satisfied she was, I wanted to match up to her, to become her by losing my “disgusting fat” and becoming “beautiful.” I first started eating less at dinner, and then at lunch, and then breakfast. A small bowl of oatmeal seemed to be enough food for me to get me through the early morning and late afternoon. As I got more involved with summer school, volunteering, sports, and club activities in the summer, my eating became even more distorted—I was falling, but I could not see it.

“ I WAS
FALLING,
BUT I COULD
NOT SEE IT. ”

I enjoyed looking a little skinnier and continued my daily routines while consciously eating less. By the end of September, I was eating only a bowl of cereal for breakfast, a small yogurt for lunch, and a small rice bowl for dinner. I enjoyed my weight loss, and never thought even for a second, that my eating habits were severely damaging health.

In September, I moved down to Los Angeles for college at UCLA, where the salad bar at the dining halls offered even more opportunities for low calorie dinners. My roommate and long-time friend told me one day, “You’re getting really skinny.” I shed the thought, thinking, “Doesn’t she see my thighs? They’re horrendously big!” It wasn’t until I went home a month later that it suddenly hit me that I was slowly killing myself. I returned home late at night, and my mom looked at me horrifically, “You look like a skeleton. Your cheeks are hollow. Your arms are bony.” I then weighed myself for the first time in months—I realized I had lost nearly 15 pounds. My body mass ratio was now 17, which indicated that I was in the significantly underweight range. By that time, I had lost a significant amount of hair, my periods were gone, my skin was dry and flaky, my eyes were lifeless and exhausted. I looked in the mirror for real this time, and a ghost looked back.


That’s when I finally realized that I was under the grasp of Anorexia Nervosa.

Many people may look at a skinny person and say, “Go eat a hamburger.” But anorexia is not so black and white—you can’t just eat and be well again. Those two months in which I restricted and exercised were the most haunting, terrifying, days of my life. It was a living hell. I had to buy everything light, or low-calorie, or non-fat. Splenda, aspartame, celery, and carrots were my best friends, and bananas, bread, rice, avocados, pasta, fried foods my enemies. I found it hard to eat in front of my friends, because I couldn’t openly

admit that I didn't want to take a single bite of my pancake, or that I would rather lie in the corner of my room eating 100-calorie light Progresso soups. So when I took my first bite of rice when I went back home, I thought it was the most amazing thing I had eaten in my life.

Recovery is long, slow, and tedious, but also exhilarating, eye-opening, and cathartic. As I began to admit regular foods back into my life, I began to see myself in a different light. I realized that my jealousy and my self-hatred were not worth killing myself. There really wasn't anything to hate about...me. I had a great group of friends and a supportive family. They loved and cherished me—me as my own unique self, and not as a shadow of anyone else. My anorexia was self-perpetuated from an unnecessary want for attention, and a need for control and power. So for those of you out there who are in the same situation I was in, please know that there are people out there who love you, who support you, who won't judge you simply because you aren't someone...you thought you were meant to be. That ED voice manifested from our self-contempt; when you learn to love yourself, that ED voice will be gone.

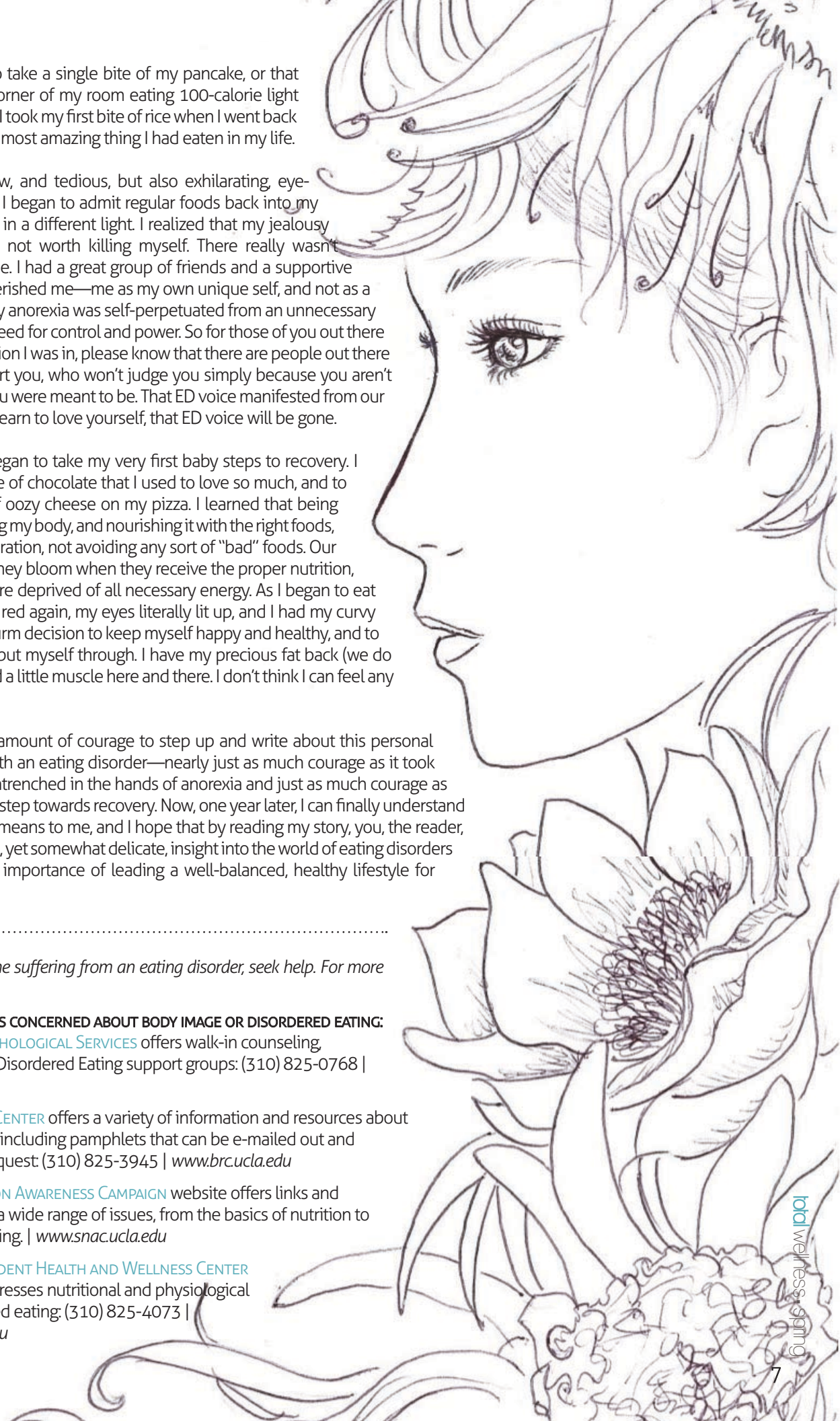
And just like that, I began to take my very first baby steps to recovery. I learned to relish every bite of chocolate that I used to love so much, and to appreciate the delicacy of oozy cheese on my pizza. I learned that being healthy meant appreciating my body, and nourishing it with the right foods, eating everything in moderation, not avoiding any sort of "bad" foods. Our bodies are like flowers—they bloom when they receive the proper nutrition, and they wilt when they are deprived of all necessary energy. As I began to eat more, my cheeks blushed red again, my eyes literally lit up, and I had my curvy figure back. I had made a firm decision to keep myself happy and healthy, and to never return to that hell I put myself through. I have my precious fat back (we do need fat to keep alive), and a little muscle here and there. I don't think I can feel any better.

It takes an immense amount of courage to step up and write about this personal account of my struggle with an eating disorder—nearly just as much courage as it took to fully admit that I was entrenched in the hands of anorexia and just as much courage as it required to finally take a step towards recovery. Now, one year later, I can finally understand what being healthy really means to me, and I hope that by reading my story, you, the reader, can gain a raw, in-the-flesh, yet somewhat delicate, insight into the world of eating disorders and recognize the crucial importance of leading a well-balanced, healthy lifestyle for simply yourself. 

.....
If you know or are someone suffering from an eating disorder, seek help. For more information, see page 26.

RESOURCES FOR INDIVIDUALS CONCERNED ABOUT BODY IMAGE OR DISORDERED EATING:

- ❖ **COUNSELING AND PSYCHOLOGICAL SERVICES** offers walk-in counseling, assessments, and weekly Disordered Eating support groups: (310) 825-0768 | www.counseling.ucla.edu
- ❖ **THE BRUIN RESOURCE CENTER** offers a variety of information and resources about nutrition and body image, including pamphlets that can be e-mailed out and nutrition workshops by request: (310) 825-3945 | www.brc.ucla.edu
- ❖ **THE STUDENT NUTRITION AWARENESS CAMPAIGN** website offers links and information sheets about a wide range of issues, from the basics of nutrition to patterns of disordered eating. | www.snac.ucla.edu
- ❖ **THE ARTHUR ASHE STUDENT HEALTH AND WELLNESS CENTER** provides referrals and addresses nutritional and physiological issues related to disordered eating: (310) 825-4073 | www.studenthealth.ucla.edu



LIFE, LOVE & THE PURSUIT OF

perfection

two perspectives
on the societal & cultural
influences of self-perception

// BY TJ NGUYEN

Let's face it. American females have it pretty tough when it comes to body image. Since childhood, when we learned that beautiful blond Barbies with bodaciously built boobies were the paradigm of female glory, to adulthood, when all we hear of is Kirstie Alley's unwarranted 85-lb weight gain (and subsequent Jenny Craig propaganda), this country's priorities are as clear as silicone implants. But amidst the hodgepodge of female body preoccupations lies an oft unspoken of, but equally important concern: male body image.

Now we've all heard it, men just don't care about how they look. A greasy slab of New York steak or a healthy fruit salad? Not even a question. Anti-wrinkle cream made specifically for men? Unheard of. Yet, as headless Hollister underwear models start to rampage the pages of popular magazines and vampires begin to transcend the boundaries of carnal perfection, a new moon for men rises. Sculpted abs, skin that sparkles like diamonds in the sun, a luscious head of hair, 6-feet plus...the list goes on. After all, isn't it be evolutionarily logical that the alpha male must project to attract its female mate?

"When I see Gerard Butler on screen, I imagine my face on his body," said a third year UCLA male student, wishing to remain anonymous. "I hate to admit it, but when girls go ga-ga over guys like Ryan Reynolds and Christian Bale, I get self-conscious and want to hit the gym immediately."

Especially in college, expectations from the media, friends, family, and members of the opposite sex have created a



subconscious fetishization of the perfect male body. And while Anonymous does not represent every male figure, the pressure of the Adonis complex is undoubtedly prevalent in American society. Toned fraternity boys, Axe commercials, potential romantic partners? Being a man these days is, well, a lot like being a woman. Not to say that woman passed the apple of evil to man; male fascination with self image is inherent, albeit somewhat taboo, since feelings of inadequacy, dissatisfaction, and vulnerability abstract from the socially defined "big boys don't cry" perception of masculinity.

Which brings me to this: men, body image does matter. Raised in a society obsessed with body image, it's an undeniable truth. However, the extent to which this is true is frequently exaggerated. Assets like humor, personality, intelligence, skills play a much hunkier role than, say, a hunky body. While maintaining a healthy body has its obvious benefits (bolsters both psychological and physical well-being), choosing between a bronze god with a Narcissistic personality and an average joe with an altruistic mindset? Not even a question. [iw](#)



Dear Disney, // BY LILLIAN ZHANG

We need to talk. It's about your princesses. I have nothing against princesses or movies featuring princesses. In fact, growing up, your princess movies were some of my favorites. But why, oh why, Disney, did you have to make them all so perfect?


We all know that a princess is supposed to represent the epitome of beauty and sweetness, but where do you draw the line? Many of us college-aged girls grew up idolizing your princesses, wanting to be like them when we got older. But now that we're "grown up" and around the same age as them, it's a bit crushing to find that they're still perfect, and we're still not. Because let's face it, comparing ourselves to any of your current princesses isn't going to do wonders for the psyche of your average American girl.

How hard did Jasmine and Ariel have to work to achieve their amazing abs, or were they just born with great bodies and the ability to survive without food? I recall Ariel playing with a fork, and Belle having to endure mounds of food dancing in front of her (none of which she had the opportunity to actually enjoy, by the way), but I don't think I ever saw any of your princesses actually take a bite of food (other than Snow White, who took a bite of poison apple, and then proceeded to lie comatose until Prince Charming came along).

And do you realize, Disney, that your only princess with short hair is Snow White? Cinderella and Aurora both have their lovely blonde locks, and Belle's brunette curls are the envy of many a young girl. Under the sea, Ariel's auburn hair flows neatly behind her, and who could forget Jasmine's exquisite black tresses? Only Snow White has short hair, but with skin as white as snow, blood red lips, and hair as black as ebony, even she was touted by the mirror mirror on the wall, as obviously the fairest of them all. And while we would all like to believe that Prince Charming was a nice fellow, if Snow White hadn't been quite so lovely, would he still have wanted to give her true love's kiss?

But even all of this could be overlooked if it were not for the fact that all of your princesses come from the same cookie cutter mold. They are all extremely petite, with legs that reach for miles, and size -3 waists that pinch to nothing. Their flawless skin is the envy of any teenage girl going through puberty, and their dainty hands and tiny feet make my completely average ones feel like giants. In fact, Cinderella's feet were so tiny that in all the land, only hers could fit into those magical glass slippers. What about the little girls with freckles and baby fat who are still growing into their bodies? What about those spunky adventurers with tan lines and scabs on their knees? Why can't they be princesses too? What happens to them when one day, they grow up and look in the mirror, only to realize that they're not the fairest of them all, and that they're only... us?

So for all the girls with dreams of becoming princesses someday, who want to see themselves flying magic carpets and dancing once upon a dream too, I say give us a princess who is perfectly normal. The other princesses may laugh at her for her knobby knees or less than perfect teeth. Maybe she doesn't have a perfect haircut or a perfect waistline. Perhaps she will even be the first princess with less than perfect vision, or wear glasses instead of contacts.

But I promise that we will love her, and to us, she will be perfect anyway. 

“...Comparing ourselves to any of your current princesses isn't going to do wonders for the psyche of your average American girl. - ZHANG”

DESIGN BY | TJ NGUYEN

Breakfast

Bonjour loyal reader, my name is Healthy Helen and I'm here to teach you how to jumpstart your way to a healthy day!

The word "break-fast" says it all. Our first meal of the day literally breaks the fast of not eating for several hours. Overnight, your brain and body have been deprived of glucose, its main source of energy, and waits to be refueled in the morning. As such, when you skip breakfast, you are more likely to feel lethargic, irritable and tired throughout the entire day. While you may feel fine and energetic upon waking up, this is only because you feel refreshed from several hours of sleep. However, as you may already know, this feeling will soon wear off. While coffee and sugary foods may seem to suffice, in reality, they will only work for a small period of time. Believe it or not, even if you have a full, nutritious lunch, it will be hard to regain the energy lost due to not spending five minutes to eat breakfast. Those five minutes can save you a lot more time in the long run, as it increases your efficiency in everyday tasks. In fact, studies have shown that students who eat breakfast do better in school. And here's another incentive: a nice sit-down breakfast is an excellent opportunity to relax before a long day in front of you.



// BY JENNIFER DANESH
DESIGN BY | TJ NGUYEN

MENU

High-sugar foods such as donuts, cookies, and sugary cereals should be avoided as much as possible! They will only give you a quick energy rush and can result in a "crash" after a few hours. This applies not only to sugar-laden foods but also "simple" carbs, or carbs that are digested quickly (such as white bread and pastries), leaving you hungry and tired. Alternatively, a healthy breakfast should contain protein and fiber: good protein sources are low fat meats, eggs, beans or dairy; fiber can be found in whole grains, vegetables and fruits. Below are sample breakfasts to help you get on track. Each contains a proper serving size of protein and fiber to help you get the fuel you need to power throughout the day.

Dining halls

- ❖ 1 slice wheat bread with peanut butter
Side of fruit
5-10 carrot sticks
1 cup of lowfat milk



- ❖ Ham, mushroom, and tomato omelet
1 bowl steel cut oatmeal with brown sugar and bananas
1 cup of lowfat milk



Apartments

- ❖ Whole wheat pita stuffed with hard-boiled eggs
6 oz. yogurt
Side of fruit
1 cup of lowfat milk



- ❖ Wheat bagel with egg and/or ham, and low-fat cream cheese
¼ avocado
Side of fruit
1 cup of lowfat milk



TO GO

- ❖ String cheese or 1 slice of cheese
Bagged cereal (bran and/or wheat)
Wheat crackers
1 handful nuts
Banana
Carton of milk or orange juice



today's special cereal

If you're a fan of cereal, make sure your breakfast consists of low-sugar options. A study conducted by Consumer Reports found that 11 popular breakfast cereals contain at least 40 percent sugar by weight - as much sugar as you'd get in a glazed doughnut from Dunkin' Donuts. Cereals with the "Smart Choices" label may not be exempt; most of these cereals are still loaded with sugar. While cereal companies may advertise their product as being rich in vitamins and nutrients, these benefits are compromised by the cereal's high sugar content. Use the following chart for low-sugar, healthier options. [iw](#)



GOOD OPTIONS FOR DRY BREAKFAST CEREALS			
CEREAL, 1-CUP SERVING	FIBER IN GRAMS	SUGAR IN GRAMS	CALORIES
General Mills Fiber One	28	0	120
Kellogg's All-Bran Original	18	10	161
Kashi Go Lean	10	6	148
Post Shredded Wheat	6	0	167
General Mills Cheerios	3	1	103
Quaker Life Cereal, plain	3	8	149

Make sure to check out www.snac.ucla.edu - it is a great resource for more information on nutrition and healthy lifestyles!

BREAKING DOWN THE NUTRITION LABEL

// BY STEPHAN CHIU | DESIGN BY STEPHAN CHIU & ELIZABETH WANG

Next time you grab a bag of chips, a can of soda, or a cup of ramen, stop for a moment to consider what you are eating. Too often, many people forget the wealth of information hiding within the palm of their hands: turn the package around and read the nutrition label first before you decide to pop it open. Afterwards, make a thoughtful decision for yourself, since a few moments can go a long way towards a healthy body and mind. **iw**

CALORIES: This is an overall measure of how much energy is contained in a serving of food you are eating. For men, the recommended daily calorie intake is around 2500, and for women it is 2000, although this value can fluctuate with your daily exercise and other factors. Ideally, most of your calories should come from carbohydrates or protein; try to limit your calories consumed from fat.

CHOLESTEROL: Excess cholesterol causes problems later in life such as heart disease and high blood pressure. In short, try to consume as little of it as possible—keep high cholesterol foods such as meats, egg, and cheese in moderation.

TOTAL CARBOHYDRATES: Carbohydrates are a main energy source for your body. The main subcategory is sugars: generally, sugars from fruits, juices, and other natural sources are healthy. Naturally, sugars from soda, candy, and other junk foods should be avoided. Ingredients such as corn syrup or dextrose are clear signs of artificial sugars. Dietary fiber is most prominent in whole grain foods, nuts, and some vegetables; it aids in digestion.

PROTEIN: Proteins consist of essential nutrients your body needs. The trick is to find high protein foods that are also low in fat and sodium; good sources include fish, lean meat, low-fat milk, quinoa, and beans.

Amount Per Serving			
Calories 130		Calories from Fat 0	
		% Daily Value*	
Total Fat 0 g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0 mg			0%
Sodium 95 mg			4%
Total Carbohydrate 27g			9%
Dietary Fiber 6g			23%
Sugars 13g			
Protein 8g			
Vitamin A 130%		Vitamin C 110%	
Calcium 10%		Iron 6%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

SERVING SIZE: The recommended portion size. This is one of the most overlooked facts on the nutrition label, and arguably the most important, as it serves as a multiplier of every other number on the label. More often than not, the serving size is probably smaller than the container you are holding in your hand. For example, a 20 oz. bottle of Pepsi contains two and a half servings, giving a whopping 70 grams of sugar per bottle.

TOTAL FAT: This category is broken down into four subcategories: saturated, monounsaturated, polyunsaturated, and trans fats. Usually though, only the saturated and trans fats are listed. This is because they are the harmful fats, found in products such as butter, vegetable oils, and animal fats: stay away from them. The unsaturated fats are the “healthy fats,” found in fish, nuts, and olive oil: try for these if possible.

SODIUM: Sodium, or salt, is especially high in processed foods, instant ramen, and canned soups and products. A good way to lower your sodium intake is to lower your condiment use: salad dressings, ketchup, and soy sauce all quickly add up on your daily limit. Also, limit saltshaker use: just ¼ teaspoon of it has a whole 575mg of sodium.

DAILY CALORIC INTAKE: This table lists the recommended daily intake of all the nutrients listed in the table above based on calorie consumption. For men, the 2500 calorie daily allowance is appropriate; for women it is around 2000. The % daily value for the ingredients listed above is based on a 2000 calorie diet; keep that in mind. You can use this table to gauge your daily intake of fats, carbs, and proteins, and how large of a chunk your food takes up.

VITAMINS: Vitamin A, Vitamin C, Calcium, and Iron are essential nutrients many people do not get enough of, especially those subsisting on the diet of a typical college student. Many of these can be found in fruits and vegetables. Calcium is especially important for teenagers and young adults, so drink lots of milk!

FAST FOOD FACTS:

// BY ELAINE HSIA

.....➔ WHAT SHOULD I EAT?

Lunch time calls for a trip down Avenue A, the revamped A-level dining strip in Ackerman Union. A sign next to Taco Bell Express reads: "Drive thru diet." Sounds enticing, doesn't it?

Indeed, in seeking to maximize time for other obligations that fill our day, the message that is sent across may resonate with many of us. Speed, convenience, and taste all play a great role in deciding what we want to eat. But what is at stake when we neglect to consider the dietary impact? Are we losing anything when we opt for fast food, even if it's just for one meal?

It's difficult to manage what you eat if you're busy and on-the-go. Eating out seems to be the obvious solution to the omnipresent problem of "having no time." And while fast food, as the name implies, serves its perks of speed and convenience, nutrition is

certainly not the first need your double decker burger is hoping to meet, even if you feel very much satiated after eating it. It goes without saying that while having "no time" may be a pressing problem, poor health caused by a poor diet is equally if not more concerning.

As we awaken to the health concerns surrounding fast food, the industry has slowly but surely responded with healthier menu items and has published nutrition information for their food items. The following is a look into food options available at Ackerman, and what you should look for when a quick bite is truly all you can afford - time-wise, anyway. [TW](#)

All values stated are per serving size and can be found on the chain's respective website.



CARL'S JR.

The Guacamole Bacon Six Dollar Burger sounds like an enticing combination, but the burger is major bad news if you look at the amount of fat it has. Thankfully there are other flavorful burgers you can choose to eat instead like the Teriyaki Burger.

GUACAMOLE BACON SIX DOLLAR BURGER:

1040 calories | 70 g fat (25 g saturated) | 2240 mg sodium

TERIYAKI BURGER:

610 calories | 29 g fat (11 g saturated) | 1020 mg sodium

Everyone knows that "crispy", cheese, and bacon all mean additional fat, but how much do those really add? The Charbroiled BBQ Chicken Sandwich has about 75% less fat than the Bacon Swiss Crispy Chicken Sandwich.

BACON SWISS CRISPY CHICKEN SANDWICH:

750 calories | 40 g fat (9 g saturated) | 1990 mg sodium

CHARBROILED BBQ CHICKEN SANDWICH:

380 calories | 7 g fat (1.5 saturated) | 1010 mg sodium



PANDA EXPRESS

If you're craving something sweet, tangy, and spicy and are thinking of picking multiple entrees, pick Orange Chicken over Beijing Beef.

BEIJING BEEF:

850 calories | 50 g fat (9 g saturated) | 1120 mg sodium

ORANGE CHICKEN:

400 calories | 20 g fat (3.5 g saturated) | 640 mg sodium



RUBIO'S

Try the Grilled Mahi Mahi Taco instead of the Mahi Mahi Burrito. The former has half the amount of fat and cuts the sodium intake by about 80%!

MAHI MAHI BURRITO:

700 calories | 42 g fat (12 g saturated) | 1150 mg sodium

GRILLED MAHI MAHI TACO:

300 calories | 17 g fat (4 g saturated) | 250 mg sodium



TACO BELL EXPRESS

Craving a steak burrito, but don't want the calories, fat, or the sodium? Try something from the fresco menu.

GRILLED STUFF STEAK BURRITO:

630 calories | 24 g fat (8 g saturated) | 2040 mg sodium

FRESCO STEAK BURRITO SUPREME:

330 calories | 8 g fat (2.5 g saturated) | 1310 mg sodium

Or maybe thinking of getting a salad? Getting one without the shell shaves off almost half the calories.

FIESTA TACO SALAD:

820 calories | 43 g fat (10 g saturated) | 1740 mg sodium

FIESTA TACO SALAD WITHOUT SHELL:

460 calories | 22 g fat (8 g saturated) | 1470 mg sodium



FEMALE SELF-PERCEPTION:



breaking down media & social constructs of femininity
// BY KATHRYN PAPADOPOULOS | DESIGN BY SANDY LO

PHOTO COLLAGE BY ELIZABETH WANG

LET'S BEGIN WITH A POP QUIZ.

FAT : LAZY
SKINNY : _____

- A) HARD-WORKING
- B) SUCCESSFUL
- C) BEAUTIFUL
- D) SMART

Got your answer?

Keep reading to see your score.

External appearances are often associated with internal traits, related in a causal manner to a measure by which we establish our self-esteem. The correct answer to the question above is that there is none. It is no secret that in Los Angeles, women especially are bombarded by images related to an ideal standard of physical beauty, a standard conveyed in a way that convinces us our lives would be much better if we could achieve this standard. From this perspective, changing our physical appearance will in turn change our mental perceptions of happiness, popularity, and success.

How has this perspective affected the UCLA population? According to UCLA's student development student survey, 45.8% of females said they were frequently concerned about weight, but interestingly, only 29.3% stated being frequently worried about health. The fact that the number concerned about health is lower than the amount concerned about weight indicates that some weight worries are caused by reasons other than health. These may include the perceptions that have been developed on how a woman's weight will affect other aspects of her life. Only 31.3% of female students said they frequently maintained a positive body image.

UNREALISTIC STANDARDS

One step that women can take in developing a positive body image is dispelling the myths that the media has created regarding what is a standard definition for body size and beauty. Below you will find assessments of how a common childhood toy conveys body size, how the average woman compares to industry models, and how the media can transform images of female bodies to unattainable states.

BARBIE DOLLS

Mattel president Jill Barad estimates that 90% of all U.S. girls between the ages of 3 and 10 own at least one Barbie doll, with the average girl owning 8. Unsurprisingly, Barbie has become the best-selling girls' brand ever. So how does this ubiquitous toy fare in terms of body standards? Barbie's proportions indicate that she would be 5'9" and weigh 110 lb. Note that this is only 76% of what is considered a healthy average weight for this height. Her bust would be 39 inches, her waist 18 inches, and her hips 33 inches. According to UCLA's Student Nutrition & body image Action Committee (SNAC), she would not have a high enough level of fat in her body to menstruate.

INDUSTRY MODELS

Most people realize that compared to the average woman, the average female model we see in advertisements and on runways weighs less. But by how much? Approximately 25 years ago, an average model weighed about 8% less than the average American woman. This number has changed nearly threefold, with the average female model weighing 23% less than the average American woman.

It is important to realize how attainable this model type really is. Although we may often feel inundated by images of models, we must realize that that is the purpose of advertisements and that they do not represent a high percentage of our population. In fact, only about 5% of women are genetically equipped to even be able to have the tall and thin body type so often represented in the media as being typical of models. The prevalence of these images distorts interpretations of how easily one can achieve this type of body. If a woman does not have the genetic make-up to have such a thin body type yet still attempts to attain it, she will likely encounter negative ramifications of doing so, such as weight fluctuations, disordered eating, or depression.

PHOTOSHOP ALERT!

Never forget that the majority of the advertisements you see in magazines have been altered or manipulated in some way. If you are unfamiliar with the amazing changes one can create with digital tools such as Photoshop, do a quick web search to see some startling before and after images. Also, check out a video called *Evolution* by Dove to see how women are transformed via both makeup and digital manipulation. This video can be watched on Dove's website CampaignForRealBeauty.com.

IMPROVING YOUR BODY IMAGE

Working to improve your body image requires you to take an introspective look at the factors that have been influencing the negative aspects of it. Recognition of the unrealistic standards of the media is a great place to start, but it needs to be followed by a fundamental examination of why body shape and size is so important to you in the first place. Work through the following thought exercises and reassess how you are establishing your body image:

1. UNDERSTAND WHAT WEIGHT MEANS

For our everyday purposes, weight is essentially a measure of

our body's mass. This one little number comes with numerous assumptions made about the health of the person, but what exactly can be assessed from this measurement? The simple answer is, not as much as we think. This number is determined with no consideration of their body composition, such as what proportion of this number is muscle versus fat versus bone. Weight does give you some information, but cannot be the defining factor of your health. It won't give you all the facts. Do not reduce your health to it.

2. BANISH THE CONCEPT OF "IDEAL BODY WEIGHT" BASED ON HEIGHT

You'll often come across calculations that will tell you an ideal body weight based on how tall you are. Again, don't become too bogged down by your weight, which cannot provide a thorough analysis of your body make-up. Each person cannot aspire to attain one specific weight based on height because of factors that vary from body to body, such as bone structure and muscle mass.

3. REALIZE THE DEFINING QUALITIES OF A PERSON

Think of a good friend. Make a list of the characteristics that make him or her so admirable. Why are you friends? Now think of a leader in your community that you look up to. What characteristics do they have? Review this list. Do you admire these people because of the way they look or their body weight? The answer is most likely no.

4. EXAMINE THE CRITERIA FOR YOUR SELF-ESTEEM

Now that you have examined the qualities that make you respect and love the people in your life, redirect this thought process towards yourself. Up until now, how have you been establishing your self-worth? Do you use the same criteria you use for your friends? If you factor in body weight,

why do you do this for yourself and not for others?

5. REFRAME YOUR REASONS FOR EXERCISING & GETTING INTO SHAPE

Why do you exercise? Is it to look good or to feel good? Learn to love and nourish your body for how it makes you feel, not how it makes you look. Exercise not because of the body shape it could give you, but because of the health benefits, strength, and energy you will derive from doing so. [iw](#)

NORMAL BY THE NUMBERS?

90%

of all girls own barbies in the US between the ages of 3 and 10

8

average number of barbies a girl owns

39 | 18 | 33

(in inches) how much Barbie's bust, waist and hips would measure if she were real. She would not have enough weight to menstruate.

5'9" | 110

Barbie would stand tall at 5'9" and weigh approximately 110 pounds.

Mattel, Inc | UCLA SNAC

Greenwald, John. "Barbie Boots Up." <<http://www.time.com>>
 Student Nutrition & Body Image Action Committee. "Body Image." <<http://www.snacucla.edu>>

TOUGH GUY, TOUGH GUISE

STRONG. PHYSICAL. MUSCULAR. TOUGH. Ask some men in the gym, and to them, those are all common qualities of what defines an “ideal man.” But what exactly defines masculinity? What causes men to take on this “tough guise?”

SOCIOLOGICAL AND HEALTH IMPLICATIONS

In Erving Goffman’s “The Presentation of Self in Everyday Life,” Goffman compares modern social roles to those demonstrated on a stage; when an individual is in contact with others, that individual will attempt to control their impression by fixing their image. Men may feel the need to put on this “tough guise” of masculinity as a survival mechanism to gain respect and control from their peers. This results in a drive to become more muscular, bigger, and stronger to have control and to demand respect.

HOW DOES THIS APPLY TO THE TYPICAL COLLEGE MAN? A distorted drive for this kind of respect may lead to a form of body image disturbance known as body dysmorphic disorder, a disorder in which individuals develop obsessional preoccupations with their bodily features. More prevalent in men is “muscle dysmorphia”, in which individuals are afflicted with an obsessional preoccupation with their muscularity, to an extent where their social and/or occupational functioning may be severely impaired. Indeed, in one study, college men with eating disorders reported a degree of body dissatisfaction closely approaching that of women with eating disorders. One possible explanation for this phenomenon is that in our culture, the ideal male body is growing steadily more muscular.

DEFINING MASCULINITY

Sports and media are two popular social structures that supplement and glamorize the image of a “tough guise”, projecting an increasingly muscular male body image. From movies that feature stars like Sylvester Stallone and Arnold Schwarzenegger, to sports that host athletes such as LeBron James and Kobe Bryant, the leaders are men who are in control and gain respect by physically taking it away from their opponents. This becomes a social norm, and a model for other men to emulate, creating a dominant, modern culture that emphasizes hypermasculinity. Ultimately, as a result of social mediums that support this portrayal of masculinity, men are compelled to emulate this unrealistic standard of a “tough guise,” this socially-defined role, to become a “real man.”

ACTION FIGURES AND MALE BODY IMAGE

A study at the Harvard Medical School found that action figures have grown much more muscular over time. When compared respectively, many of the action figures exceed the muscle mass of even the largest human bodybuilders. In one study, the action toy with the longest continuous history, GI Joe, was physically measured and compared to figures of preceding eras. According to Harrison G. Pope from the Harvard Medical School, “Contemporary GI Joe Extreme dwarfs his earlier counterparts with dramatically greater musculature and has an expression of rage which contrasts sharply with the

Pope, H. G., Olivardia, R., Gruber, A., & Borowiecki, J. Evolving ideals of male body image as seen through action toys. 1999. International Journal of Eating Disorders.



putting some perspective
back into male body image

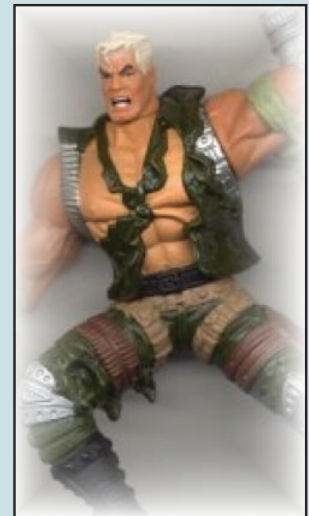
// BY FRITZ BATILLER | DESIGN BY
SANDY LO & ELIZABETH WANG

bland faces of his predecessors. If extrapolated to 70 in. in height, the GI Joe Extreme would sport larger biceps than any bodybuilder in history." It is no surprise, then, how this significant growth may be a culprit contributing to the evolving, distorted ideals of male body image.

ATHLETES AND MALE BODY IMAGE

Athletes, in general, have also significantly increased in muscle mass over the past forty years. Their physique is exposed through high-profile sports, such as football, baseball, and basketball. Steroid use, in particular, has become an increasingly frustrating problem, especially with admissions by major players that steroid use was involved in their lives. Even more frightening is the fact that this practice has trickled down to students and young adults hoping to become faster, stronger, or better at performing in athletic competitions. One study which proves steroid use among young adults is on the rise also shows that gender, race, and cultural beliefs highly impact the decision of whether or not to use steroids: Caucasian students, for instance, are more likely than those of other races to seek steroids. Stemming from this, another problem now may be the trend of taking dietary supplements that act as steroid precursors without any knowledge of the dangers associated with their abuse. The problem lies in the belief that such supplements will produce the same desired effects as steroids, while avoiding the

medical consequences associated with them. This belief is not only misguided but also dangerous: supplements can actually, indeed, have the same medical consequences as steroids. [iw](#)



▲ GI JOE, THEN & NOW: (left) 1964 GI Joe action figure; (right) 1995 GI Joe action figure. Extrapolated to real-life proportions, the modern GI Joe "Extreme" would sport larger biceps than any bodybuilder in history.

WHAT WOULD A LIFE-SIZE G.I. JOE EXTREME LOOK LIKE?

Pope, H.G. Harvard Medical School

26.8"

biceps

54.8"

chest

36.5"

waist

YOUR HEALTH

SUPPLEMENTING WORKOUTS WITH PROTEIN

College students often seek protein supplements in order to enhance their workout. While the practice of supplementing a workout with protein intake to build muscle mass is not uncommon, few are aware of the negative ramifications of excess protein. Studies show that excess protein leads to a shorter life expectancy, increased cancer and heart disease risk, diminished bone calcium, dehydration, and obesity. According to Gail Butterfield, PhD, RD, director of Nutrition Studies at the Palo Alto Veterans' Administration Medical Center and nutrition lecturer at Stanford University, a diet in which protein consists of more than 30% of your caloric intake causes a buildup of toxic ketones, which can overwork your kidneys as it seeks to flush these ketones from the body. In addition, as your body gets rid of ketones, you can lose a significant amount of water, which can put you at risk for dehydration.

To find out how much protein you need, follow this simple formula: the Recommended Dietary Allowance (RDA) is 0.36 grams of protein for every pound you weigh. To figure out how much protein your body needs in order to function, multiply your weight with the RDA.

Even still, having more protein in your diet does not directly mean you will develop bigger muscles. In order to do so, heavy strength training must be necessary, as well as a diet complemented with the recommended dietary allowance of protein. Protein supplements are used to improve sports performance and improve recovery from training. However, if you have too much or too little protein, your diet will adversely affect your health. Do not solely depend on protein powder for your source of protein.


how much do
i need?

(RDA) x
weight

RDA is the Recommended Dietary Allowance per day and that is 0.36 grams of protein for every pound you weigh. Take the RDA and multiply it with your total weight to get the amount of protein you need to intake per day.



Cardio for College

“30 minutes a day, five days a week” recommends the American College of Sports Medicine. Do-able for all of us? Maybe not. But there are a number of reasons why the college student should incorporate cardio exercises into his or her daily life. Our bodies were made to move: increasing blood flow to the muscles and strengthening the heart and lungs keeps us feeling good—physically AND mentally. **So make time and make it a habit:** health should stay at the top of your priority list. **BY GRACE LEE | DESIGN BY GRACE LEE** 

1

Work in Walking

(180 calories in 30 minutes)

It's the easiest thing you can do. In fact, walking around campus is inevitable—and what better way to get your heart pumping than to tackle the Bruinwalk hill! So leave a few minutes later to class, and make it a habit to walk briskly, keeping your head up and back straight. If you put a little power into it, walking burns about 180 calories in 30 minutes. So take advantage, since there's no better way to work exercise into a busy college schedule!

Swimming

(breast stroke - 400 calories in 30 minutes)

Perhaps the healthiest form of exercise, swimming works out your entire body while protecting your joints from high-impact injuries.

Pools are located at

- ❖ Sunset Canyon Recreation Center: on the Hill behind Canyon Point
 - Park Pool (50 meter): 10-8PM daily
 - Family Pool (25 yard): 8-10AM/12-6PM weekdays, 10-6PM weekends
- ❖ Student Activities Center: across Kerckhoff Hall, 11-2PM weekdays
- ❖ North Pool: between Anderson School and Kaufman Hall, 6-8AM/11-2PM weekdays

2

3

Get a Bike

(250-500 calories in 30 minutes)

Sunny So-Cal almost always provides the perfect weather - not to mention a bike can save you just that much time. If you can, bike your way around classes! There are plenty of bike racks around UCLA, so bring a sturdy lock.

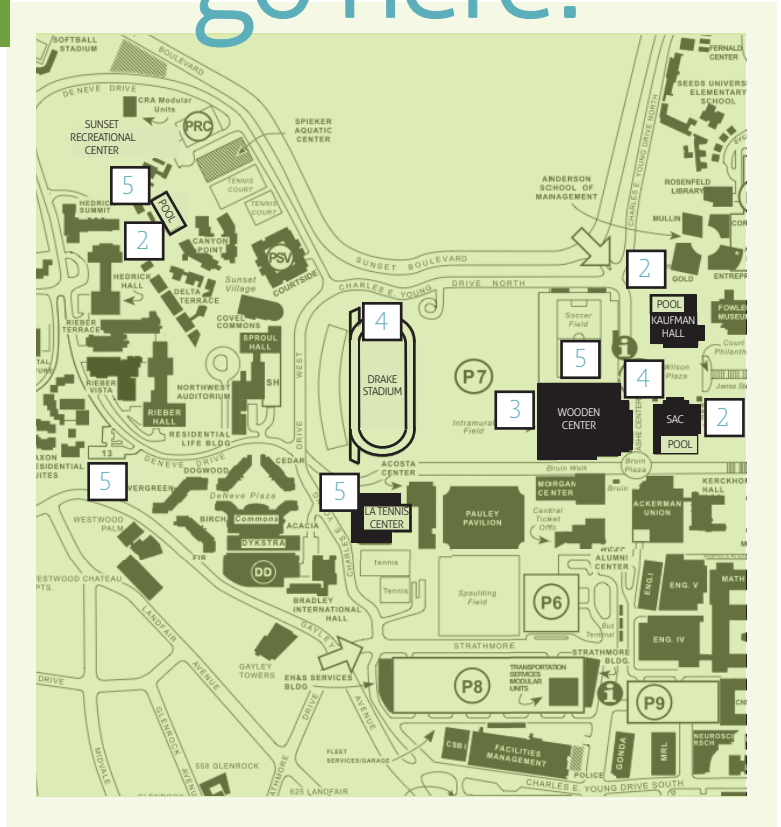
Dismount Zone Policy: Set by UCLA Transportation and UCPD this year, skateboarding, biking, rollerblading and scootering is legally prohibited in three designated zones on the UCLA campus:

- (1) The main Bruin Walk way from the top of De Neve Plaza to Powell Library
- (2) Bruin Plaza area by the Student Activity Center, Wooden Center and Ackerman Union
- (3) Sidewalk along Strathmore tunnel corridor along Parking Structure 8

Ticketed offenders are issued \$202 citations.

UCLA Community Bike Shop: Don't have a bike? For some recreational biking you can rent one here! Visit www.recreation.ucla.edu for more information.

(1st floor of John Wooden Center)
 Daily Rental \$8
 Daily Rental Punch card (6 daily rentals) \$35
 Weekend rental \$20
 Weekly rental \$30



5

Play a Sport

Exercise comes naturally when you're having fun! Bring your friends and try out a sport:

- ❖ Badminton: Pardee Gym (JWC)
- ❖ Indoor Soccer: Pardee Gym (JWC)
- ❖ Basketball: Collins Court (JWC), Student Activities Center, outdoor courts near Saxon Suites
- ❖ Handball, Racquetball, Squash: JWC
- ❖ Rock Wall: JWC
- ❖ Table Tennis: JWC
- ❖ Tennis: LATC, Sunset Tennis Courts, Sycamore Courts
- ❖ Volleyball: Sunset Canyon Recreation Center
- ❖ Marina Aquatic Center: Kayaking, Rowing, Sailing, Windsurf

4

Running

(300 calories in 30 minutes for 145 lb person)

One of the simplest and best exercise activities you can do. No special equipment required. Just throw on some tennis shoes and go! A good workout should be at least 30 minutes, and you can always enhance your jog by adding hills and sprints. Just be careful to watch your knees and ankles for any discomfort.

Run the UCLA Perimeter: Approximately 4 miles long, what is known as "the perimeter" proves to be a challenging stretch which takes you through hills, stairs, dirt paths, parking lots, sorority row, Ralphs and even to the UCLA Medical Center. Start on Gayley and Veteran, go around Sunset Boulevard to Hilgard Avenue, then to Le Conte Avenue and end back at Gayley.

Run Drake Stadium (open daily 7AM-10PM): Four laps to a mile, and don't forget to take on those stadium steps!

Run Treadmills at the John Wooden Center:

Monday-Thurs: 5:30AM-12:45AM
 Friday: 5:30AM-9:45PM
 Saturday: 9AM-7:45PM
 Sunday: 9AM-10:45PM

Get Your **Fats** Straight

// BY ANNA WONG | DESIGN BY GRACE LEE

No matter what connotations the word "fat" gives, the fact of the matter is that your body needs fat. Fat is a primary source for energy and is needed for proper body growth and maintenance. A look into which fats are essential and which ones to avoid:

Trans Fats & Saturated Fats

avoid

Trans fats are formed when liquid oils are synthetically turned into solid. Most of these fats are man-made as a way to make the processing of food much cheaper.

Some trans fats occur naturally in meat and dairy products, but these come in very small amounts.

Saturated fats are fats that are solid at room temperature and primarily come from animal products and some plant oils.

WHERE THEY ARE FOUND

SYNTHESIZED TRANS FATS

- ❖ pastries (cookies, muffins)
- ❖ fried foods (fries, doughnuts)
- ❖ packaged foods (cake mixes)
- ❖ crackers

SATURATED FATS

- ❖ fatty beef, bacon, other red meats
- ❖ cream and whole milk

FOR EXAMPLE

- 1 doughnut = 5g trans fat, 5g saturated fat
- 1 cup of whole milk = 5.0g saturated fat
- 1 chocolate chip muffin = 8.0g saturated fat
- 1 serving of fries = 7.4g trans fat, 6.7g saturated fat

WHY THEY SHOULD BE AVOIDED

Saturated fats raise "bad" blood cholesterol levels (BCL). Trans fats raise "bad" BCL and simultaneously lower "good" BCL. Also, many foods high in saturated fats can be high in cholesterol too, which raise BCL even more. Consuming saturated fats and trans fats increase the risk of heart disease, stroke, and type 2 diabetes.

HOW MUCH IS TOO MUCH?

The American Heart Association recommends no more than 7% of your daily calories to come from saturated fats. For a 2,000 calorie diet, this is about 16 grams per day. For trans fat, the recommended amount is less than 2 grams per day.

BEWARE

Foods labeled "trans-fat free" or "0 g of trans fat" can be deceiving. If a food product has less than half a gram of trans fat, it is rounded down and reported as 0g.

SO DOES IT REALLY HAVE TRANS FAT?

- ❖ partially hydrogenated oils
- ❖ shortening
- ❖ hydrogenated oils
- ❖ margarine

If any of these are listed on the ingredients list, there is some amount of trans fat in that food.

SOME SOLUTIONS

- ❖ Replace trans and saturated fats with MUSF and PUSF
- ❖ Pick fish and lean meats instead of red meats
- ❖ Go for low fat or nonfat dairy products
- ❖ Avoid oils such as coconut oil, palm oil, and palm kernel oil, which are all high in saturated fats
- ❖ Opt for natural peanut butter (peanuts and salt as the ingredients) as opposed to Skippy, which has partially hydrogenated oils

The average American consumes **3X** the suggested amount of trans fat.



choose

Monounsaturated Fats (MUSF) & Polyunsaturated Fats (PUSF)



WHERE THEY ARE FOUND

Monounsaturated Fats (MUSF)

- ❖ oils (olive oil, canola oil, sesame oil)
- ❖ avocados and various nuts

Polyunsaturated Fats (PUSF)

- ❖ Fatty fish (salmon, mackerel)
- ❖ Oils (soybean oil, sunflower oil, and corn oil)

WHY THEY ARE BENEFICIAL

Both fats lower total cholesterol and help reduce the risk of disease. PUSF fats lower "bad" blood cholesterol levels (BCL). MUSF lower "bad" BCL and raise "good" BCL. MUSF also tend to be high in vitamin E, an essential nutrient in maintaining body tissue and forming red blood cells. PUSF include important fatty acids like omega-3.

HOW MUCH DO I NEED?


Total intake of fat in general should be no more than 25%-35% of your daily calories. Ideally, most of these fats should consist of MUSF and PUSF.

OMEGA-3 FATTY ACIDS

Omega-3 fatty acids are a type of polyunsaturated fat. The brain is highly concentrated with omega-3 fatty acids. By maintaining brain cell membranes, this essential fatty acid affects brain memory, cognitive performance, and behavioral function. Foods high in omega-3 include fatty fish, flaxseed, walnuts, soybeans, and tofu.

As a college student, including foods high in omega-3 into your diet may be difficult. Consider taking an omega-3 supplement. If the big fish pills are too intimidating, try a gummy supplement.

FOR EXAMPLE

- 1 avocado = 17g MUSF, 3.5g PUSF
- 1 oz. salted peanuts = 7g MUSF, 4.4g PUSF
- 1 tbsp olive oil = 10g MUSF, 1.4g PUSF
- ½ fillet of salmon = 4g MUSF, 5g PUSF 

<http://www.healthcastle.com/goodfats-badfats.shtml>
<http://www.umm.edu/>
<http://blog.nutritiondata.com/>

AITC

academics in the commons

What's New in Covell?

PEER LEARNING FACILITATOR HIRING

AITC is hiring PLFs, formerly known as tutors, for the 2010-2011 Academic Year! Attend an info-session or visit our website for more info! App deadline is April 5th.

INFO SESSIONS

March 30th @ 7.30p in 230 Covell Commons
March 31st @ 7.30p in 203 Covell Commons

AITC ONLINE RESOURCES

Did you know that the AITC website has resources just for YOU? From writing help to time management, workshop schedules to how to approach office hours, we have it all! Check it out online at:



www.aitc.ucla.edu



totalwellness | SPRING10

coming in may

THE ADDICTION ISSUE

living better by kicking habits and opting for positive lifestyles



Smart snacking: moving beyond junk food
What you didn't know about smoking and drinking
Top 10 tips to diversify a regular exercise routine

ALSO

Surprising facts about caffeine and stimulants
10 ways to slow down & enjoy doing nothing

rethinking {sugar}

how to make sense
of the bodily need
for sugar and
get your fix the
healthier way



Let's face it. While we all know what excess sugar intake can do, it is inevitable to sometimes choose to indulge nonetheless, to meditate on the sweetness of sugar-sprinkled treats from time to time, to savor what our senses have enabled us to savor. After all, aren't we simply responding to our evolutionary calling? Our bodies, as they have come to find, are, to an extent, hard-wired to pursue that which gives us an immediate release of energy. But what's truly at stake? We've all heard of the problems a high-sugar diet can cause, but when our palate simultaneously drives us to seek it, how much is too much and what can we do about it? **BY JENNA PACELLI & ELIZABETH WANG | DESIGN BY ELIZABETH WANG**

We can start by understanding some of the basic physiology behind the way our body intakes sugar. When sugar is consumed, it enters the blood stream and a hormone called insulin is released to control these blood sugar levels. This is a normal response until blood sugar levels are so high that insulin production is out of control. Over time, perpetually high blood sugar levels lead to a lowered sensitivity to insulin, which can in turn lead to type 2 diabetes and obesity. There are ways to control these reactions and prevent the onset of disease, however.

Understanding what kinds of sugars are out there is vital to making healthy choices. Sugar cane is different from high fructose corn syrup, and sugar replacers and substitutes. Since it is not only comparable in taste to table sugar but also cheaper to manufacture, most of the United State's large food corporations use high-fructose corn syrup (HFCS) instead.

HFCS is used because it is cheaper than sugar and can be grown virtually anywhere. Its effects in the body has become a highly contested subject matter. Critics of HFCS claim that it is "a toxic chemical concoction" that contributes to weight gain by affecting

normal appetite functions. One much-publicized 2004 study found a correlation between obesity and high HFCS consumption, especially from soft drinks. Dr. Stephen Sinatra, cardiologist and author of several health books, comments: "[HFCS] is very sweet. It elicits an insulin response, and remember insulin is the number one risk factor for cardiovascular disease." With excessive consumption of both sugar and HFCS, risk of type 2 diabetes and obesity is said to increase by 80%, and one soft drink a day is all it takes to increase the risk for these ailments. While excessive intake of either sugar or HFCS is never good, sugar may very well be the lesser of the two "evils."

The **glycemic index** offers information about how much a given food raises your blood sugar; "high glycemic" foods are converted quickly to sugar in the body, raising insulin levels which, if raised high enough and frequently enough, lead to diabetes, cardiovascular issues, and aging. A component of good health involves seeking out "low glycemic" foods - "slow-digesting" carbs that do not give rise so easily to rapid sugar spikes. Choosing your sweetener wisely is also necessary component of that. **iw**

pick your sweet: a guide to popular sweeteners, from table sugar to agave



table sugar

CALORIE COUNT | 1 tablespoon of granulated or table sugar = 45 calories

GLYCEMIC INDEX | High: 70+

THE GOOD | Widely available and is unflavored (unlike honey or brown sugar), thus making it a versatile sweetener. Granulated sugar is good for baking, although you can mix it up by replacing a portion of it with brown sugar. Refined sugar was originally a luxury, but it eventually grew to be sufficiently cheap and common to influence standard cuisine.

THE BAD | Consumption of sugar and refined sweeteners is closely associated with a host of health problems, ranging from coronary heart disease, diabetes, and obesity, to even immune system problems and cancer. The link between sugar and cancer is a recent conjecture and remains highly controversial. Though this relationship has not yet been established, less is still more: an avoidance of sugar is ultimately good for the body, heart, and mind.



honey

CALORIE COUNT | 1 tablespoon of honey = 65 calories

GLYCEMIC INDEX | Moderate: 50-69

THE GOOD | Usually does not contain any harmful chemicals and can be utilized by the digestive tract (particularly applies to unpasteurized and minimally processed honey). Honey contains several members of plant polyphenols which are known for their antioxidant activity. According to Dr. Jonny Bowden, PhD and CNS, and author of *The 150 Healthiest Foods on Earth*, because honey is "a real food and does contain nutrients," it's one of the "best sweeteners to use, provided you use it judiciously."

THE BAD | The origin of the product may be difficult to trace, so labels that promise the honey to be "Grade A" or "organic" may not mean much. Overconsumption, as with any natural sweetener, leads to tooth decay and a host of other high-sugar diet related problems. Honey is still a sugar, so those with blood sugar issues should proceed with caution.



stevia (and other sugar alternatives)

CALORIE COUNT | 1 tablespoon of stevia = 0 calories

GLYCEMIC INDEX | Very low: Less than 1

THE GOOD | Derived from an herb that grows wild in Paraguay and Brazil, raw stevia contains nearly one hundred identified phytonutrients. In the quantities consumed in the stevia extract, however, these become negligible, since the sweetener itself has been highly refined. Nonetheless, stevia is a calorie-free sweetener and has no evidence of harm or impact on blood glucose level. As with other zero-calorie sweeteners on the market, the safety of stevia

consumption has been challenged, though health and wellness experts such as Dr. Andrew Weil, MD, the guru of modern day alternative and integrative medicine, consider stevia to be safer than aspartame, saccharin, and sucralose (Splenda).

THE BAD | Stevia can be up to 400 times sweeter than sugar and should be used with discretion. While it is "natural," the safety profile of stevia has not been completely established (and the same applies to other zero-calorie sugar substitutes). For those who find this concerning, zero-calorie sugar substitutes should be avoided, including sugar substitutes such as Splenda, which has received an even worse rap. Unlike other sugar alternatives, however, stevia has been used for centuries by native peoples for sweet teas, or to sweeten other foods.

brown sugar

CALORIE COUNT | 1 tablespoon of brown sugar = 45 calories

GLYCEMIC INDEX | High: 70+

THE GOOD | While experts maintain that there is little that differentiates brown sugar from its white counterpart, brown sugar nonetheless may contain trace minerals by virtue of its molasses content that is added during the refining process. The natural sugar varieties available on the market can be organized on a spectrum from least to most refined: molasses, turbinado (also known as raw) sugar, dark brown sugar, light brown sugar, and white sugar. The look and taste of these natural sugars change drastically as you move across this spectrum. Dr. Jonny Bowden advocates blackstrap molasses: "Molasses is the by-product of sugar refining that contains all the nutrients from the raw sugar-cane plant." On this basis, then, if you're looking for something that offers a little more than the nutritional zilch of your average white table sugar, anything with additional molasses content may be your best bet.

THE BAD | It is important to not confuse brown sugar with raw sugar, as brown sugar is still a highly refined product, like table sugar.



agave

CALORIE COUNT | 1 tablespoon of agave nectar = 60 calories

GLYCEMIC INDEX | Low: 15-20

THE GOOD | The nectar of the agave plant is a natural sweetener made from different agave varieties, yielding variations in the mineral content of nectars available on the market. However, all forms of the syrup generally contain small amounts of calcium, iron, potassium and magnesium. It has a sweet, syrupy consistency similar to that of honey, and its significantly lower glycemic index means that it will not lead to rapid sugar spikes.

THE BAD | While the lower glycemic index make this an attractive sweetener, agave has nonetheless been criticized on the grounds that it derives its sweetness from fructose, which may lead to the same problems associated with sugar (sucrose). Agave is not calorie free and, as is true for all sweeteners, should be used in moderation.



10 foods to boost your metabolism

Looking for simple ways to help you reach your health goals? It may come as a surprise that you can actually boost your metabolism by eating more – it all depends on what it is you're eating. **BY LEIGH GOODRICH | DESIGN BY ELIZABETH WANG**

Why It's Important | **BY JENNIFER WILSON**

METABOLISM is the process in which the body breaks down food and other substances, converting those into the resources it needs for other physiological processes. Metabolism, or metabolic rate, measures how fast and how efficiently the body breaks down complex materials to build other products. Our body needs proteins, lipids and carbohydrates which are macromolecules essential for various processes in our body; without healthy metabolism, these macromolecules are less able to be distributed properly, leading to weight gain and a host of other health problems. Surprisingly, the term "metabolism" refers to the way – not the speed – that the body processes and uses digested food. Rather than "faster" or "slower" metabolism, it's might actually be more accurate to describe metabolism as efficient or functional versus inefficient or dysfunctional.

HEALTHY METABOLISM is necessary to maintain working parts of the body, repair damage, heal injury, and help rid the body of toxins. Your metabolism can be affected by the way you eat. Less mindful eating, such as consuming foods high

in fats and sugars, may lead to slower metabolism and inefficient digestion and distribution of broken down molecules.

According to Shari Lieberman, author of *Dare to Lose*, "When you eat sugar you throw your metabolic switch into fat storage mode."

She suggests a predominantly low glycemic index diet, a diet that avoids foods like simple sugars and instead seeks complex carbohydrates that break down gradually to help maintain an even blood-sugar level. Incorporating these types of foods into your diet can yield benefits related not only to healthy metabolism, but also other healthy benefits.



How To Improve Your Metabolism | BY LEIGH GOODRICH

Many dieters struggle to restrict their food consumption, but don't starve yourself if you're trying to lose a few pounds – that actually lowers your metabolism and makes it harder to keep weight off. The key to reaching or maintaining a healthy weight is to fuel your metabolism with nutritious choices.

The following ten foods have been shown to increase metabolism, along with a whole range of other benefits.



01 APPLES: As the saying goes, "An apple a day keeps the doctor away." This fruit has a very low glycemic index, meaning it is absorbed slowly and keeps you full longer. It is also packed with vitamin C and fiber for a filling and guilt-free snack. One study showed that women who ate three apples or pears a day lost more weight than dieters who did not eat fruit. Apples have also been linked with cancer prevention and can lower cholesterol. Apples are great as is, but if you want to mix things up, try apple slices with a bit of peanut butter or almond butter.



02 BROCCOLI: A staple vegetable in most households, broccoli is a versatile and tasty option that can easily be incorporated into meals. It has a unique combination of high calcium levels and lots of vitamin C, which is crucial for calcium absorption. Not only is broccoli good for your bones, but it also contains phytochemicals to boost the immune system, plus folate and fiber. Add raw broccoli to salads, or steam a bowl and mix with soup. If you really can't stand the taste, try the milder cauliflower for similar health benefits.



03 OATMEAL: As Quaker Oats has so proudly announced, eating oatmeal can reduce cholesterol and help you lose weight. The fat-soluble fiber in oatmeal is the key to its metabolism-boosting properties – it is slowly processed in the body and keeps you feeling satisfied. For maximum fiber content, choose steel cut oatmeal or rolled oats instead of refined instant packets. Also, be sure to buy unsweetened oatmeal, not the flavored varieties with artificial ingredients. If you want to add flavor to the breakfast treat, try raisins, cranberries, a few nuts, or cinnamon.



04 YOGURT: This convenient food is a great way to get calcium, especially if you don't drink milk. Calcium is important for preventing osteoporosis and can help you feel fuller longer. The probiotic cultures in yogurt help regulate digestion and promote intestinal health. When choosing yogurt, opt for low-fat or non-fat all-natural types without artificial sweeteners or high fructose corn syrup. To sweeten up plain yogurt, try adding fresh berries and granola, or blend with fruit and ice to make a smoothie.



05 LEAN MEAT: Protein takes more energy for the body to digest than carbohydrates or fats, so high-protein meats like lean turkey or chicken breast are great metabolism boosters. These meats help build lean muscle tissue without the added animal fats and cholesterol found in fattier cuts. Rolled up turkey slices or chicken breast on top of a salad are great ways to incorporate a bit of meat into your diet. For vegetarians, it

is also crucial to find sources of complete protein – tofu, quinoa, and beans are great options.



06 SPICY PEPPERS: Although it may seem strange, spicy peppers have been proven to help improve metabolism. The capsaicin chemical found in peppers like habanero, cayenne, and jalapeno boosts metabolism by increasing heart rate for hours after consumption. Spice things up by adding peppers to any dish, or sprinkle cayenne powder for seasoning.



07 EGGS: A truly nutrition-packed food, eggs are filled with protein that is the perfect way to start off your morning. Scrambled or over-easy, eggs contain beneficial omega-3 fatty acids and lots of essential vitamins and minerals. Those who are concerned with high cholesterol may opt for egg whites, though many studies have suggested that moderate consumption, meaning about two eggs a day, does not negatively impact cholesterol levels. Eggs are a very inexpensive, relatively low-calorie protein source that can be eaten plain, or hard-boiled and added to a salad for lunch or dinner.




08 SPINACH: As Popeye preached, spinach is an extremely nutrient-dense food – it is low in calories and high in antioxidants and vitamins. The flavonoids in the leaves act as immune-boosters to fight free radicals and reduce inflammation. Spinach also has high levels of iron, magnesium, potassium, vitamin C and fiber, among many other essential nutrients. To add more spinach to your diet, try making a salad with spinach instead of lettuce, or steam it and season with soy sauce or garlic powder. For similar health benefits, try other dark leafy vegetables like kale, swiss chard, or collard greens.



09 GRAPEFRUIT: Though you probably don't want to sign yourself up for the "grapefruit diet", adding this food to your breakfast certainly has its benefits. A half of a grapefruit contains a whopping six grams of fiber and only around 40 calories. The fruit houses fat-burning enzymes and has a high water content (almost 90 percent) that has been shown to promote weight loss. If you're not quite up for the citrus kick of grapefruit, try adding oranges to your diet or squeezing a lemon into your tea or water.



10 GREEN TEA: As many Asian cultures have known for centuries, drinking green tea promotes health and wellbeing. The unique tea contains polyphenols that act as antioxidants to reduce risk of cancer and heart disease and help dieters lose weight. One study found that men who were given green tea plus caffeine lost more weight than men given caffeine plus a placebo. Green tea contains less caffeine than coffee, plus no calories, and is a healthier choice for Starbucks-addicted students staying up late to study.

Finally, although it's not listed as a booster food, **water** can play a large role in increasing metabolism. Researchers found that over the course of a year, people who increased water consumption by 1.5 liters a day burned an extra 17,400 calories and lost about five pounds. Studies also show that drinking 17 ounces of water during a meal can boost the metabolic rate by 30%. 

DISORDERED

EATING

&

EATING

DISORDERS

It is normal to check your weight on a scale or to complain about certain features of your body, but at what point does a concern with food or your body turn into an obsession?

// BY MORGAN
KENDALL | DESIGN
BY ELIZABETH
WANG

Many college students actually suffer from disordered eating patterns, which means that they have ongoing preoccupations with weight, food, and body image. These patterns may include excessive exercise regimens, restrictive diets, and episodes of binge eating. Eating disorders are well-known disordered eating behaviors that have been diagnosed based on specific, defined symptoms.

The mindset behind these disordered eating patterns may have certain common attitudes. For example, individuals may fixate on appearance, weight, or eating to the extent that it is unavoidable in their daily life. Other people may use food as a way to handle emotional concerns like depression or stress. Some people have a distorted image of their own bodies, often considering themselves overweight when they are not. Others classify foods as good and bad and feel extremely guilty if they do eat the wrong foods. Causes for these disordered eating patterns can vary widely depending on the individual. They might originate in response to the stress of school, to a psychological condition like depression, or to a traumatic experience of abuse.

Eating Disorders

Specific extreme cases of disordered eating patterns are known as eating disorders, which are defined by certain diagnostic criteria. They involve highly restrictive attitudes towards weight and food that lead to unhealthy and dangerous behaviors. These disorders range in terms of symptoms and eating patterns, but they can cause serious health risks.

ANOREXIA NERVOSA is defined as self-starvation and extreme weight loss:

- ❖ Fixation on calories, dieting, and weight and fear of “fat”
- ❖ Desire to avoid meals and food
- ❖ Approximately 90-95% of anorexia nervosa cases involve women and girls.
- ❖ Often appears in early-mid adolescence.

BULIMIA NERVOSA is defined as a cycle of binge eating and then purging behaviors like induced vomiting or the use of laxatives:

- ❖ Regular binge eating episodes that seem out of control
- ❖ Regular purging episodes to balance the binge eating
- ❖ Feelings of disgust and guilt over eating patterns
- ❖ Approximately 80% of bulimia nervosa cases involve females
- ❖ Often associated with individuals who appear to have an average body weight

BINGE EATING is defined as repeated episodes of binge eating without any purging behaviors:

- ❖ Recurring pattern of eating large amounts of food quickly
- ❖ Feelings of shame or guilt
- ❖ Can be associated with depression
- ❖ Approximately 60% of binge eating disorder cases involve women
- ❖ Often associated with overweight or obese individuals



WHAT TO DO IF SOMEONE YOU KNOW HAS AN EATING DISORDER

- 01 Talk to him or her directly to convey your concerns and your desire to help. Do this in a respectful, non-judgmental way so that the person still feels safe.
- 02 Focus on the individual's health, and do not emphasize physical appearance or weight.
- 03 Offer constant support and patience, not blame or criticism. Understand that the individual may feel embarrassed and may deny having a problem.
- 04 Do not try to resolve the issue on your own. Suggest seeking out resources and the help of professionals like therapists or doctors.

The Problem With Dieting

Going on a diet may seem like a quick way to lose a few pounds, but dieting is not effective or beneficial in the long run. Ultimately, **diets aren't effective** — healthy lifestyles are. According to Jill DeJager, MPH and RD, and Nutrition Education Coordinator at the Bruin Resource Center,

“The dieting mindset is really focused on quick fixes and immediate results.”

She adds that, “It generally stems from dissatisfaction with weight or size rather than a focus on health. This involves wanting to change your body regardless of whether it is healthy.”

Losing weight by dieting is actually more likely to lead to future weight gain. In fact, a study by UCLA researchers found that individuals who are dieting can initially lose between 5 to 10 percent of their body weight, but most of them will eventually regain even more weight than they've lost.

It can certainly be difficult to keep off weight once you have stopped dieting. This often leads to yo-yo dieting, a pattern where a person cycles through losing and regaining weight, which can have health risks.

What To Do Instead

Instead, practicing good eating and exercise habits is more effective than dieting for maintaining a healthy body weight.

DeJager suggests identifying small but long-term changes that you can easily make and sustain. For example, stop drinking soda or switch from whole milk to 1% milk. Eat whole grains instead of white or refined grains to get more nutrients and fewer calories.

It can also help to ask yourself if you are really hungry, or if you are just eating out of boredom or distraction. Identify other ways to cope or relieve stress, like meditation or exercise, and choose physical activities that you actually enjoy doing.

“We emphasize health at any size,”

said DeJager. “When we are living a healthy lifestyle, our bodies tend to fall at a weight that is healthy for us. Rather than stress about a number on a scale or chart we should focus our energy on living in a healthy, balanced way and let the numbers fall where they will.”

- ❖ Understand that weight is not the best way to gauge fitness and health. Eating and exercise patterns are more important indicators of a healthy lifestyle.
- ❖ Do not diet. Instead, make small nutritional changes that you know you can maintain.
- ❖ Stop weighing yourself and avoid focusing on how you look in the mirror.
- ❖ Accept and appreciate your natural body type. Consider that body ideals in the media are often unrealistic.
- ❖ Think about your health, not your physical appearance. Go do physical activity that you enjoy, get enough sleep, and maintain good eating habits. In fact, how you look, such as your skin texture and tone, can be a function of your health habits.

DEBUNKING the skinny immunity

It can be a huge misconception. In a community full of media and social hype about the shame of putting on a few extra pounds, it's easy to attribute higher risks of cardiovascular diseases to just the ones perceived as "overweight". After all, it's common to hear that being obese and overweight can lead to heart diseases, Type-2 diabetes, and certain cancers. Yet, not all larger people are on the fast track to succumbing to a heart attack prematurely. There are instances of people with a higher body mass because they have more muscles but are considered healthy nonetheless. While the obvious presence of body fat is unfortunately treated as a universal evil in our current society, the absence of fat on a skinny person isn't a guarantee of long life and health either. The unfortunate truth is that skinny people can be "fat" as well – that is, susceptible to the same ills of cardiovascular problems and diabetes typically associated with excess body weight. Despite what the media often perpetuates, being skinny may not be the bottom-line goal for all to achieve or die trying. **BY SHERRY CHEN | DESIGN BY KARIN YUEN**

EXERCISE AND WEIGHT LOSS

Often, skinny people are under the impression that they do not need to exercise because there's nothing to lose. Since being fat is synonymous with weight in a society where image concerns permeate every aspect of life, losing weight is often perceived as the fast-track to health. However, while exercising is often associated with the pursuit to lose weight, this certainly is a very neck-down view of thing. There are certainly a host of benefits and reasons why an exercise regimen ought to be followed that all too often miss our radars: these can include better skin, less stress, improved mood, fewer colds, even improved brainpower.

THE SKINNY "IMMUNITY"

Still yet, it is actually very typical for skinny people to eat too many sugary and fatty foods and not exercise enough to work it off, to say nothing of the many other aforementioned benefits they are losing out on. Instead, the body stores an unhealthy amount of fat, despite the person's thin appearance. This is especially unfavorable when the fat is stored around the internal organs. Though our media indoctrination may not warn us of this, this type of body size can verge on the threshold of being obese if improper nutritious and sedentary lifestyle is adopted. According to Dr. Jimmy Bell, a molecular imaging professor at Imperial College in London who performs MRI scans studying the body parts where people often

store fat, "being thin doesn't automatically mean you're not fat." Though skinny people appear immune to the chronic diseases often associated with being overweight or obese, if they have a high body fat percentage or poor body composition, then they may suffer from the same age-accumulated diseases that many others with a less thin frame suffer from as well.

BODY COMPOSITION

Many studies show that body composition is a better indicator of health rather than clothing size or weight. According to the American Heart Association, our bodies are made of much more than fat. Water, proteins, carbohydrates, minerals and vitamins also make up our body composition. Because of this, there are a variety of factors that influence one's weight, including muscle mass and water. It is important to be mindful of this, rather than simply basing exercise and dietary habits on the scale's reading. Two ways of doing this is to take waist circumference measurements and calculate one's Body Mass Index (BMI) which give more accurate estimates of fat distribution in the body. Though these measurements are not comprehensive, nor do they replace the professional advice a physician can give, they are useful and quick ways for those needing a wake-up call to resume the exercising resolution that may have fallen by the wayside with the onset of midterms.

BMI

BMI is an obesity measurement that measures a person's weight against height. For most people, this correlates to body fat. However, while helpful for an informative purpose, it can be less accurate for people under 5 feet tall, athletes who have more muscle mass, and older people who lose muscle over time. In addition, certain ethnic groups may have different numbers that correlate to obesity and being overweight. The key is to remember that these measurements act as a guideline for determining one's risk for obesity related health risks.

To calculate BMI, use the formula below:

$$\text{BMI} = \frac{\text{weight in pounds} \times 703}{\text{height squared}}$$

- ❖ Studies by the National Health Center generally estimate that people with BMI values of less than 18.5 are considered underweight; BMI values from 18.5-24.9 are considered healthy.
- ❖ BMI values from 25.0 to 29.9 is defined as overweight, indicating that the body mass is about 10% greater than the ideal mass. People who have a BMI in this region face a greater risk of cardiovascular disease.
- ❖ Obesity is defined as having a BMI of greater than 30.0, which translates to being about 30 pounds overweight. Like the overweight category, those in this region may be more likely to develop heart and blood vessel disease.

WAIST CIRCUMFERENCE

The size of one's waist is also another informal predictor of health risk. Not all fat is equally and universally bad. Fat concentrated around the waist and abdomen can carry a higher risk of later health problems than fat around the thighs and hips. This is often referred to as subcutaneous fat and is stored just underneath the surface. Though often perceived unfavorably, love handles and "pinchable inches" are less detrimental to one's health than visceral fat, which is stored around the mid-section around the abdomen. This fat is closer to internal organs, including the liver. It is possible that this fat promotes more compounds that can affect glucose and cholesterol metabolism. Knowing this, a greater waist size can spell out a greater potential for disease. Men with a waist circumference of greater than 40 inches, and women with a waist of more than 35 inches should be mindful of their lifestyle and health. To measure this, place a tape measure parallel to the floor and measure around the smallest part of the waist just above the hipbones.

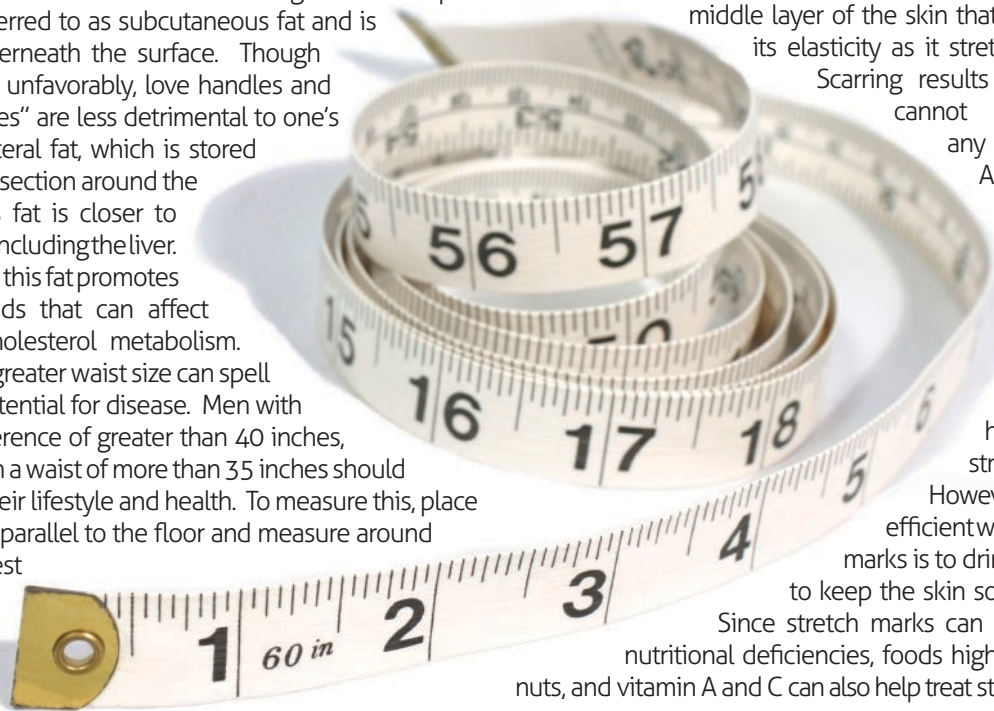
CELLULITE AND STRETCH MARKS

Among the other perceptions that influence the way we often think about body image is the fear of having cellulite. Just as we often assume that skinny people are healthy and fit, we consider cellulite to be associated with obesity. Cellulite is the lumpy appearance of skin, usually around the thighs, buttocks and hips. According to the Melissa Stoppler, M.D., this appearance is because of the way fat is deposited under the skin. These pockets of fat distort the connective tissues under the skin, which changes the way the skin appears. While cellulite can be more visible on overweight or obese people, people who are of a healthy weight can also have cellulite.

Furthermore, although it seems that only women get cellulite, this is not always the case. Men, though in much rarer cases, can also have cellulite. It is often tempting to try various methods to remove cellulite but expensive laser treatments, massages, and liposuction may not be very effective. Although some of these methods may have been approved by the Food and Drug Administration, these are often temporary improvements that require repeated treatments to maintain the skin in the post-treatment appearance. Furthermore, liposuction tends to make cellulite worse than before since the process of vacuuming fat from under the skin wrinkles the skin even more. Instead, the most effective way to treat cellulite is to simply eat healthily and keep muscles toned through exercise. This keeps the body as smooth as possible.

Another fat-related body concern many people, especially women, worry about is stretch marks. This often occurs during pregnancy, or during periods of rapid weight gain or loss. These marks often appear as pink, purple, or red streaks that usually appear on the breasts, abdomen, upper arms, thighs or buttocks. They appear because the dermis, which is the middle layer of the skin that stretches, loses its elasticity as it stretched too much.

Scarring results since the skin cannot accommodate any more stretching. Again, both men and women can get stretch marks. As in the case of cellulite, surgical processes can help remove stretch marks. However, the most efficient way to treat stretch marks is to drink enough water to keep the skin soft and hydrated. Since stretch marks can also result from nutritional deficiencies, foods high in zinc, such as nuts, and vitamin A and C can also help treat stretch marks. [\[W\]](#)



avocados

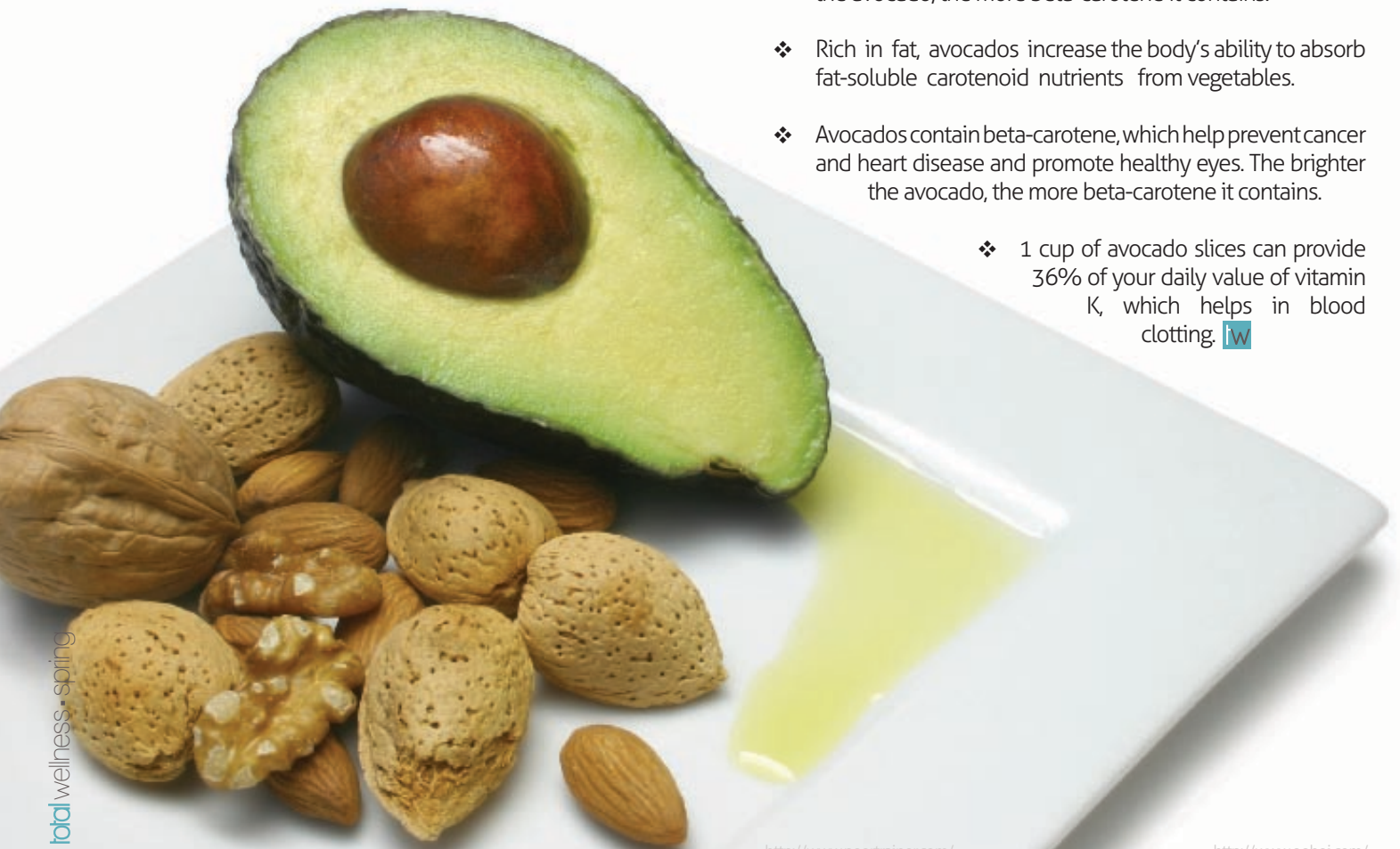
// BY ANNA WONG | DESIGN BY ELIZABETH WANG

For this month, we wanted to pick something that was (1) relative to the theme of this issue and (2) green because of the spring season. So what is that people should know about this luscious fruit besides the fact that it goes great with chips and salsa? Here are a few facts:

DID YOU KNOW?

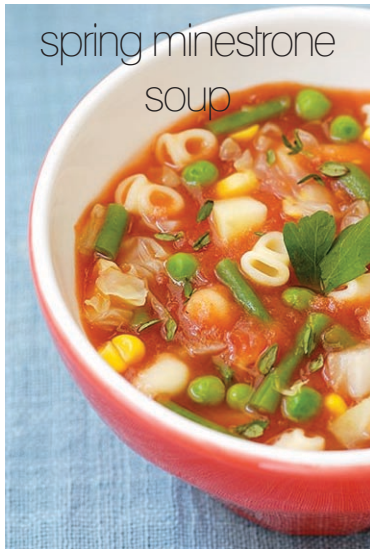
Traditionally, the Aztecs believed avocados were a sex stimulant. Virgin women were actually forbidden from leaving the home during the avocado season in fear that they would become sexually active.

- ❖ Avocados have a very high fat content (almost 71%-88% of its total calories). However, 66% of that is monounsaturated fat--the best for you.
- ❖ When applied to the skin, a ripe avocado can help soothe sunburns.
- ❖ Avocados are very low in sodium and sugar, making it a healthy snack to eat.
- ❖ When indigestion occurs, food stays in the intestine and causes intestinal bacteria to break the food down. These bacteria can cause foul gases, which ultimately can reach the mouth through the throat. Avocados naturally fight off this bad breath by removing the intestinal food decomposition.
- ❖ In one avocado there is 877 grams of potassium (almost twice the amount of a banana!). Potassium helps in the regulation of blood pressure.
- ❖ Avocados contain beta-carotene, which help prevent cancer and heart disease and promote healthy eyes. The brighter the avocado, the more beta-carotene it contains.
- ❖ Rich in fat, avocados increase the body's ability to absorb fat-soluble carotenoid nutrients from vegetables.
- ❖ Avocados contain beta-carotene, which help prevent cancer and heart disease and promote healthy eyes. The brighter the avocado, the more beta-carotene it contains.
- ❖ 1 cup of avocado slices can provide 36% of your daily value of vitamin K, which helps in blood clotting. [iw](#)





cut-out recipes simple spring cooking



spring minestrone
soup

Ingredients

- 1 tablespoon chopped parsley (plus extra for garnish)
- 2 large onions (or 1 onion & white part of 1 leek)
- 1 cup shredded cabbage
- 1/2 cup green beans
- 1/2 cup celery, thyme, salt, pepper, basil
- 2 cloves crushed garlic
- 5 tablespoons olive oil
- 1 cup macaroni/pasta
- 3/4 lb tomatoes
- 1 cup peas
- Pinch of sugar
- 6.5 cups chicken broth
- 1/2 cup cooked beans

Directions

- 1) Dice all ingredients.
- 2) Cook macaroni/pasta according to package instructions.
- 2) In a separate pot, stir gently over low heat for five minutes: parsley, 2 large onions (or 1 onion and white part of one leek), cabbage, green beans, celery, thyme, salt, pepper, basil, garlic, olive oil.
- 3) Add broth, tomatoes, peas, sugar and simmer 45 minutes.
- 4) Add the cooked beans and macaroni/pasta.
- 5) Serve with a sprinkle of chopped parsley and parmesan cheese.

PHOTOGRAPHY: SABRA KROCK PHOTOGRAPHY; RECIPE FROM COOKBOOKCATCHALL.BLOGSPOT.COM

Directions

- 1) Preheat oven to 450 degrees.
- 2) Divide 1 lb. pizza dough into 4 pieces and set on a well-oiled baking sheet. Stretch each into a 6- to 7- in. circle.
- 3) In center of each, spread 2 tbsp. tomato sauce; 1 tbsp. each chopped roasted red peppers, chopped onion; 1/4 cup shredded unseasoned rotisserie chicken; 2 tbsp. shredded mozzarella; and a pinch each fresh oregano and kosher salt.
- 4) Fold circles over to make half-moons; seal edges.
- 5) Bake until browned (15 minutes).

Ingredients

- 1 lb. preservative-free/all-natural pizza dough (purchase at your organic grocer's)
- 8 tablespoons tomato sauce
- 4 tablespoons roasted red peppers, chopped onion, and chopped bell pepper
- 1 cup shredded unseasoned rotisserie chicken
- 8 tablespoons shredded mozzarella
- Fresh oregano
- Kosher salt



easy chicken calzones

PHOTOGRAPHY: ERINSFOODFILES.BLOGSPOT.COM ; RECIPE FROM SUNSET MAGAZINE



baked flan

Ingredients

- 2/3 cup white sugar
- 1 (14 ounce) can sweetened condensed milk
- 2 cups heavy cream
- 1 cup milk
- 5 eggs
- 2 teaspoons vanilla extract

Directions

- 1) Preheat oven to 350 degrees F (175 degrees C).
- 2) In a small nonstick saucepan, heat the sugar over medium heat. Swirl occasionally to distribute sugar until it is dissolved and begins to brown. Lift the pan over the heat source; continue to brown the sugar until it becomes a dark golden brown. You may slightly stir while cooking. Pour contents into a large loaf pan, and swirl to coat the bottom of the pan evenly.
- 3) In a blender, combine sweetened condensed milk, cream, milk, eggs and vanilla. Blend on high for one minute. Pour over the caramelized sugar.
- 4) Place the filled casserole dish into a larger pan and add 1 inch of hot water to the outer pan. Bake in preheated oven for 50 to 60 minutes, or until set.

PHOTOGRAPHY: RASAMALAYSIA.COM; RECIPE FROM ALLRECIPES.COM



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