

Health Awareness Day Pull-out
Section ☒ Vegetarianism ☒ How
to eat well on the run ☒ Exercise
as part of the diet

Lifestyles

March 31, 1992

THE REBEL YELL

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PATRICK

Indulge, lite alternative

by Stephanie Holland

Sticking to a healthy, low-fat diet may be hard, but looking at a menu listing delicious, but fattening foods and trying to stick to that diet is harder.

Jane Brody's *Nutrition Book* gives helpful hints on what to order when eating at a restaurant. "Avoid items described in any of the following terms: buttered; sauteed, fried, or

see FAT page 9

FAT — The ultimate love-hate relationship

by Stephanie Holland

Fat is a word that strikes fear into the hearts of dieters everywhere and a concept that sometimes drives people to diet themselves to death.

According to *Jane Brody's Nutrition Book* there are two types of fat. There is body fat which is a storage depot for calories. The body uses these stored calories when it needs more energy than a diet supplies. For this reason, body fat is lost on a low-calorie diet.

Dietary fats are the other type and also have important functions. Polyunsaturated fats

(mostly from vegetable oils) are a source of the essential fatty acid, linoleic acid, without which the body cannot make fats properly.

In her book, Brody states dietary fats are also needed to transport certain fat-soluble vitamins into the body and through the walls of the digestive tract. Without some fat in a person's diet, it would not be possible to absorb vitamins A, D, E and K because they do not mix with water.

"The biggest problem when it comes to students' eating habits is that they rely too heavily on fast foods," said Lisa

Cavaretta, the nutritionist here at UNLV. "Fat is not bad. It's overindulgence in fat that makes it unhealthy."

"The first and most noticeable problem with a high fat diet is that a person gets fat," Cavaretta said. "It has also been linked to cancer and heart disease."

One of the most common myths about how a person can lose weight is if they go on a high protein diet they will lose fat. According to Cavaretta, this isn't true. "What people lose on a high protein diet isn't fat," she said. "They are losing muscle and water weight."

There are a number of things that can be done to make a person's diet healthier "Students can buy boxes of crackers for their backpacks and eat those when they are hungry instead of french fries or potato chips," Cavaretta suggested. She also recommends pretzels, animal crackers, string cheese and fresh fruits for snacking.

With much of America becoming suddenly aware of how much fat they are consuming, many food companies are producing products that are made with fat substitutes or "fake

see LOVE — HATE page 9

BACCHUS promotes alcohol awareness

by Stephanie Penner

The organization, Boost Alcohol Consciousness Concerning the Health of University Students (BACCHUS), will promote Safe Spring Break Week April 6 to 10.

Safe Spring Break Week will increase student awareness about alcohol responsibility through promotional events designed to reach stu-

dents before spring break.

For advance promotion of Safe Spring Break Week, BACCHUS will have a booth set up during Health Awareness Day. The booth will provide information about situations, consequences and alternatives relating to drug and alcohol use.

Mike Palmieri, chair of BACCHUS, said the group will provide information covering such issues as driving while

under the influence and date rape.

BACCHUS is sponsored by the Student Health Center and Student Development and is run by students. Palmieri said the group is not an anti-drinking organization. "It is not a 'just-say-no' club, but a responsible decision-making organization,"

see BACCHUS page 9

Become aware of health

by Kimberley McGee

The fourth-annual Student Health Awareness Day will begin at 10 a.m. Wednesday, April 1 and last until 4 p.m. on the second floor of the MSU.

"There will be 52 organizations to be represented," said Joanne Wassell, a registered nurse at the Student Health Center. The Red Cross, CPR Plus, Committee for Action Against Rape, Crisis Pregnancy Center and Aid for AIDS for

Nevada are a few of the participants.

Campus community organizations such as the Residence Hall Association, Department of Physical Therapy, Campus Committee on AIDS and the Student Development Center will join southern Nevada health organizations to help promote positive health.

"The goal of Health Awareness Day is to increase aware-

see HEALTH page 9

Off the Mark

by Mark Parisi

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Compute your nutrition condition

	Rarely	Sometimes	Often
Participate in regular physical activity	1	3	5
Choose foods from the dairy group	1	3	5
Eat breakfast	1	3	5
Drink carbonated beverages	5	3	1
Eat raw fruits & vegetables	1	3	5
Use foot power instead of horsepower	1	3	5
Eat candy	5	3	1
Salt your food	5	3	1
Choose whole grain cereal or bread	1	3	5
Maintain ideal weight	1	3	5
Eat fried foods	5	3	1
Skip meals	5	3	1
Try new sports	1	3	5
Binge/overeat	5	3	1
Avoid unfamiliar foods	5	3	1
Drink water	1	3	5
Eat processed snack foods	5	3	1
Try fad diets	5	3	1
Eat a variety of protein foods	1	3	5
Get adequate sleep	1	3	5

Score:
80 or above you're a winner
70-79 you're in the running
below 70 try harder

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