

FROM ROOTS AND BERRIES TO ICE CREAM

Intrigued by their friend's latest invention from St. Louis — an ice cream maker — the cowboys spent the whole day turning the ice cream crank and getting a little cranky themselves because that ice cream concoction was giving them all sore arms.

When they finally got it finished, with eyes bulging and spoons in hand, they all took a bite of the creamy white substance — they loved it! This was the scene on T.V. that made me realize how times have changed. Now ice cream has become an almost permanent fixture of the freezer, within a minute's reach instead of a rare treat with excessive pain to obtain.

Our modern Western diet has given us a lot, but it's also costing us, too. Did you know our diet, high in refined starch, sugar and fat, has been implicated in coronary heart disease, gall bladder disease, diverticular disease, appendicitis, colon cancer, varicose veins, hemorrhoids (sounds appealing), and that these same diseases were seldom reported in hunter-gatherers or agricultural people?

Ah, yes, another dilemma of the modern world. This article is not about bashing ice cream (I happen to love it, too), but in the days of high technology and mass consumption, what has happened to our diet and is it good for us?

In the days of the hunter-gatherers, we were active creatures, eating fresh fruits, vegetables and low-fat wild meat. In fact, out of the 2 to 5 million years that humans have been on the earth, 99 percent of the time they acquired food by gathering wild plants, fishing and hunting wild animals (*Anthropology* by Ember and Ember).

Now days, we have become sedentary, dependent on highly refined food supplies that are tainted with fat, sugar, salt and contain little fiber. According to the *American Journal of Public Health*, on any given day 40 percent of American adults go without fruit, 20 percent don't eat vegetables, and 80 percent go without whole grain cereal or bread.

Although we can't go back to being hunter-gatherers, it would be wise to consider the evolutionary diet that kept humans going for such a long time.

Some facts about diet may surprise you. For example, most countries of the world (except industrialized Europe, the Scandinavian countries, Canada, and a few others) do not eat the way we do in the U.S. Their food,

unlike ours, is low in sugars, fats and meats, but rich in starches and vegetable sources of protein. Consequently, those countries that do not share our diet also do not share in our diseases of affluence, such as coronary heart disease.

Another fact that may surprise you is that Americans didn't always eat like this. According to the U.S. Department of Agriculture, we eat much more meat, poultry, fish and sugar, and drink much more alcohol and soft drinks than in 1910. In fact, today we eat most of our protein — 70 percent — from animal sources, whereas in the early 1900's 50 percent of our protein came from plant sources.

According to Jane Brody's *Nutrition Book*, 3 out of every 5 calories Americans consume are from fats or added sugars. Our diet is deficient in fresh fruits and vegetables, and is also low in fiber. Hence, we are afflicted with health problems such as hemorrhoids, varicose veins and colon cancer. Consumption of empty calorie foods such as carbonated sodas, fruit-flavored drinks, beer, wine, pastries and potato chips have increased while our total calories have decreased. In short, we are eating more junk foods than ever before.

Besides our choices of not-so-healthy food, what has technology done to our food? According to the *La Costa Book of Nutrition*, refined white flour has only 14 percent of the Vitamin E, 1 percent of the chromium, 50 percent of the pantothenic acid, and 26 percent of the Vitamin B6 found in the original, whole wheat kernel. Ninety-eight percent of flour sold in the U.S. is white flour. Potato chips lose almost all of the fiber and Vitamin C once found in the original potato.

Then there's the long-term storage, transportation, canning and freezing of food that can steal nutrients. Canned salmon loses 50 percent of its Vitamin B6, canned beans lose 60 percent of their zinc, and frozen vegetables lose 44 percent of their B6. I was surprised to find out that fresh oranges in the grocery store, at times, have been found to contain no Vitamin C! It seems that storage time, transportation, exposure to the sun, fluorescent lighting and food picked too early decreases the nutritional content.

So before you put that old, rained, high-fat doughnut into your mouth, followed by a scoop of your favorite ice cream, remember that we humans didn't evolve thousands of years on that kind of food!

by Melanie Steed

ANOREXIA NERVOSA

"I just need to lose 15 more pounds and my life will be perfect." Sound familiar? Unrealistic? Yet, so many individuals diagnosed with the eating disorder anorexia nervosa truly believe this.

Anorexics become obsessed with dieting, lose up to 25 percent of their original body weight, feel fat when they are emaciated, and honestly believe weight loss will be the answer to their problems. The label anorexia nervosa, simply defined, is a condition of self-starvation which primarily affects girls and women between the ages of 12 and 20, but can affect older and younger females as well as men.

With so many men and women preoccupied with the media's image of becoming thin, attractive, successful superpeople, many individuals develop eating disorders to cope with this anxiety. Dieting seems to give anorexic individuals a feeling of control and power amidst their everyday responsibilities and pressures of the real world. But, the "power" an anorexic feels is illusionary since the more weight he or she loses, the less powerful and independent he or she becomes.

Although the population of diagnosed anorexics has been well-overestimated in the past years (individuals have been miscategorized as eliciting anorexic symptoms and behavior when in actuality they shared symptoms closely related to other disorders, (i.e. binge eating and excessive dieting), medical experts still believe anorexia nervosa is nearing epidemic proportions in young adults and teenagers.

If there has been previous controversy about the characteristics of an anorexic, it has been the definition. According to the American Psychiatric Association, an anorexic is described

as an individual who refuses to maintain minimal body weight in accordance to his or her age and weight.

Anorexia nervosa usually follows a behavioral cycle which begins with an "innocent diet." This diet begins a feeling of control for the individual. Once the diet goal is reached, another is quickly implemented, often with the addition of excessive exercise. As more and more weight is lost, physical, emotional and behavioral changes occur. Physically, the person often becomes emaciated, has muscle aches and cramps, digestive problems, brittle hair and nails, dry skin, absence of menses in women, body hair growth and sometimes hypothermia.

In extreme cases, anorexia nervosa can damage the heart, shrink internal organs and affect reproductive organs. Emotional and behavioral changes may include distortion of body images, along with low self-esteem and depression, obsessive preoccupation with thinness (often anorexics weigh themselves several times a day), excessive exercise, laxative and diuretic use, and participation in other eating disorders.

It is very important to recognize these symptoms when they do exist because 2- percent of individuals who fail to receive treatment end up dying from the disease.

If you are an individual suffering with anorexia, do not get discouraged. Help is out there for you. The University Student Health Center has counselors who specialize in eating disorders available to University students.

- University Counseling Center 346-3227
- Lifestyle Planning Program Health Counseling and Peer-Health Advising 346-4456

by Karl Ragnes



TOFU ICE CREAM

I know what you're thinking, "Tofu Ice Cream...YUK!" But before you judge, be daring and adventurous. Go on a tofu trek and let your taste buds become what they always dreamed of being...pioneering taste buds. So get your blender ready and blend these ingredients together until smooth:

- The juice of a large lemon or two limes
- 16 ounces of firm tofu
- 3 Tablespoons sugar
- 3 Tablespoons canola oil
- 1 teaspoon of vanilla flavoring
- 1/2 of a banana
- 1 cup of your choice of fruit (i.e. strawberries, raspberries, blackberries or blueberries)

Now place in the freezer for about 4 hours. Beware of over-freezing! Don't let your Tofu Ice Cream get too frozen or else you'll have to chisel it out of the container with a chisel and hammer. Then let your taste buds enjoy your cholesterol-free ice cream.

TOFU CARROT CAKE MUFFINS

Adapted from *TOFU GOES WEST*
Mix with a blender until smooth:

- 2 egg whites
- 1/2 cup canola oil
- 1/2 to 3/4 cup honey
- 8 oz. tofu
- 2 teaspoons cinnamon
- 2 teaspoons baking soda
- 1/2 teaspoon salt

Beat in:

- 2 cups whole wheat flour
- 3/4 cup grated carrots
- 1 cup chopped nuts (optional)

Fill muffin tins 3/4 full and bake at 325 degrees for 30-35 minutes. Then...EAT EM ALL UP!

by Melanie Steed

FOOD FACTS

'WHAT HAPPENED TO WHOLE GRAIN CEREALS?'

The fate of whole-grain cereals goes like this: Remove the protein rich wheat germ and sell it in a bottle. Take out the bran so that it can be sold in a box. The left-overs get fluffed up, puffed out and sprinkled with a little artificial and chocolate and strawberry flavoring. Ta da, out comes a cereal like Teenage Mutant Ninja Turtles. Now the original product has been reduced to one gram of protein for one ounce of the cereal. One ounce of oats contains six grams of protein.

'DIETS'

Ninety percent of the people who lose 25 pounds or more on any diet gain them back within two years (*Newsweek*, April, 1990).

'FOOD LABELS'

Meat products like salami or turkey sausage boast that they're "90% fat-free," yet get about 60% of their calories from fat. Foods such as peanut butters now carry "no cholesterol" banners, when in fact they never did contain cholesterol (only animal products do). Some foods claim to be "light," when in reality these foods may not contain fewer calories than their conventional counterparts (for instance, these foods may just be lighter in color or texture).

'ICE CREAM'

Most snacks made with regular ice cream have at least two teaspoons of fat, while premium bars by Haagen Dazs or Nestle could have as many as six.

Source: Nutrition Action Health Letter, June 1990

'FAT...'

Between 40% and 55% of the calories in most fast-food meals come from fat. Most nutritionists recommend that no more than 30% of your daily calories come from fat.

Source: New England Journal of Medicine

'GUIDELINES FOR GOOD NUTRITION'

Recommendations from the Human Nutrition Center of the U.S.

Department of Agriculture dietary guidelines:

- Eat a variety of foods.
- Maintain ideal weight.
- Avoid a lot of fat, saturated fat and cholesterol.
- Avoid a lot of sodium and salt.
- Avoid a lot of sugar.
- Eat foods with starch and fiber.
- Drink only moderate amounts of alcohol.

BOOKS

Have you been wondering how to tune up that body? Here's a few good books with advice about nutrition, exercise and recipes for healthy living.

THE NEW LAUREL'S KITCHEN by Robertson, Flinders and Ruppenthal
This is a great collection of vegetarian, low fat, high fiber recipes with dozens of ways to cut back on fat without losing flavor. Excellent guide for cooking with legumes and grains.

JANE BRODY'S NUTRITION BOOK by Jane Brody
This is a well-researched book packed with almost every conceivable aspect of nutrition. It includes dozens of healthful recipes, nutrient charts and special diets for special needs.

FIT OR FAT?
This book dispels the myths of dieting specifically about fat versus weight. Other topics covered are exercise, dieting and nutrition.

TOFU GOES WEST by Gary Landgrebe
If you love tofu here's a tofu lover's dream—hundreds of recipes using tofu. Tofu is a great substitute for meat when combined with grains and tofu doesn't contain cholesterol.

IN GOOD HEALTH

Asthma is an illness in which the airways are very sensitive and intermittently become narrowed, making air movement difficult. During an asthma attack, the muscles that control the air passage go into spasm. Consequently, the air passage become more narrow. In addition, the insides of the air passages become swollen, and more mucus is secreted, which interferes further with breathing.

Asthma is a common problem affecting approximately nine million Americans. Some common triggers of asthma include allergies, exercise, upper-respiratory infections, and exposure to cold air, fumes or air pollution. Stress may aggravate asthma but not actually cause the illness.

Most patients with asthma can control it and lead normal lives if they understand their problem and work closely with their doctor. One of the important triggers of asthma is exercise — especially for the college-age person. Vigorous exercise such as running or biking frequently worsens asthma. If asthma is in poor control, one's ability to exercise will be limited by shortness of breath, coughing and wheezing.

You may note only mildly increased shortness of breath while exercising, but shortly after stopping exercise you may experience significant coughing, chest tightness and wheezing which may last 30 minutes or more.

This problem is worsened during the spring if you are allergic to tree and grass pollens or mold spores. The com-

bination of allergy and exercise triggers may make asthma very limiting. If allergies appear to be causing problems, it is helpful to take some avoidance measures. Exercising inside is a good option. Wearing a pollen mask and sunglasses will decrease the amount of pollen exposure.

Pollen counts are often the highest in the early morning hours with another peak in the late afternoon. Exercising in the evening may be better, although there will still be pollen in the air. Rain will help to clear pollens from the air, but sometimes mold spore concentrations will become higher with damp air.

In Eugene, it is quite difficult to avoid outside allergies totally. If an allergy is severe and limits your activity, it would be helpful to see an allergist to determine what you are allergic to and to consider the use of allergy shots.

If you are experiencing these symptoms with exercise, there are also good medications which can be taken to prevent them. Inhaled bronchodilators are excellent if used before exercise. Another preventative medicine, Intal, may be added for additional benefit. You may see your general physician at the Student Health Center for these medications. In addition, there are physicians who specialize in allergy and asthma who are available at the Student Health Center for consultation.

Richard Buck, M.D. and Virginia Buck, M.D., Physician Consultants in Allergy and Asthma at the Student Health Center.



Did you drink your six glasses of water today? A body weight loss of 10% after extensive sweating can cause death. Water has many important functions in your body. For instance, water is the medium for thousands of biochemical reactions. It carries nutrients to cells through the blood and lymphatic system. It carries waste from cells for excretion in urine and sweat. Water gives form to cells, it maintains body temperature, lubricates joints and it surrounds and protects the fetus. Fifty-five to sixty percent of your body weight is water. Water is the most important solvent in the body and many substances dissolve easily in water like vitamins B and C. In order to prevent heat disorders, water should be drunk before, during and after exercise/practice. The amount of body fluid lost depends on environmental temperature and humidity. The amount and type of fluid needed to replace that loss are important. Most sports physiologists, incidentally, do not recommend "sports beverages." They recommend water. As a general rule you need half a pint of water for every 15 minutes of physical exercise. If you do not

get enough fluids, your physical performance is lowered at 3-4% loss of body weight.

High muscle tension, high body temperature, changes in the central nervous system, loss of appetite, depression, headaches and aching joints are just some of the effects of not getting enough water. To avoid dehydration here are some helpful reminders: #1 Drink to avoid being thirsty. If you do become thirsty then that is an indicator that you should have drunk water approximately an hour ago. #2 Soft drinks are out, water is in. Soft drinks have empty calories—no nutritional value. If you drink liquids high in caffeine such as some soft drinks, coffee and some teas, you may be dehydrating yourself because caffeine acts as a diuretic. #3 Drinks high in water content can meet the body's fluid requirements. Milk and fruit juices are nutritious drinks. Milk is high in calcium, protein and water. Fruit juices are high in vitamin C and potassium. Take control of your body, drink milk, fruit juices and at least six glasses of water a day. Do your body good, make the right choice—WATER.

by Angie Foust

IN NEED OF PRACTICAL EXPERIENCE???

Are you studying in the field of Health, Psychology, Exercise Science, Communication, Journalism or any field of study with an interest in health-related issues? Peer Health Advising is a program set up to provide students an opportunity to learn about health issues such as substance abuse, stress, sexuality, nutrition and mental health combined with practical experience in presenting, peer-health counseling, organizing and writing for the Well Now on health related issues. Here's a personal description of the rape presentations given by Karl Ragnes and Barbara Rodgers: "It is well known that the key to healthy, intimate relationships and friendships begin with effective communication. Unfortunately, fear and the lack of words or skills to express our feelings often creates confusion and unhappiness when our needs and expectations are not fulfilled. Rape, a very important issue not often addressed on this campus, often occurs because of a lack of communication or miscommunication in relationships. The victims of sexual assault feel violated, inhibited, vulnerable and need professional counseling. Barbara Rodgers and I (Karl Ragnes), both peer health advisers who have been studying this topic, have chosen to address this issue on campus. We give presentations on rape sometimes in conjunction with Men Against Rape at the Dorms, Sororities, and health classes. We cover the myths and facts of rape, socialization of rape, communication skills, Rape Trauma Syndrome and resources for help. If you are interested in learning more about this issue, we are available to give presentations. We can be contacted at Health Education in the Student Health Center 346-4456.

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The Well Now is a newsletter sponsored by the Student Health Center and produced by the health education staff with the assistance of the Oregon Daily Emerald. All articles are written by students and GTFs for the education program. If you have any suggestions or are interested in contributing an article, please call Melanie Steed at 346-4456 or drop by Health Education in the Student Health Center.

CLARIFICATION

In the last Well Now issue the Rape article by Barbara Rodgers was substantially edited. The author requested this clarification.