

Vegetarian Eating: Being a healthy vegetarian



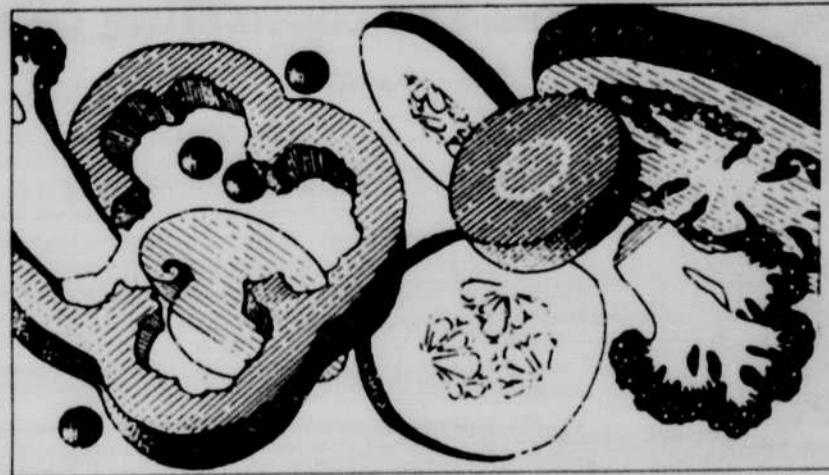
By Deborah Tucker

Ten to twenty years ago, nutrition experts thought vegetarian diets were not nutritious and that getting a balanced diet without meat was not possible. Today, we understand that being a healthy vegetarian is much easier than previously believed.

Nutrition experts thought you had to have meat in order to get protein but this isn't true. The amount of protein required to maintain health is less than nutritionists formerly believed! Also, protein sources from many plants are higher than many researchers had believed. For example, oatmeal is 17% protein and lentils are 30% protein. According to Connor & Connor, authors of *The New American Diet*, ten percent of our daily calories should be protein. For those of us who eat a 2,000-calorie-a-day diet, that's 200 calories, or 50 grams, of protein. Eating several kinds of complex carbohydrates and vegetables will allow your body to manufacture the complex proteins from the amino acids in various foods.

Why be a vegetarian?

Did you know that for every 16



pounds of grain and soy fed to beef cattle in the United States, we get back one pound on our plates? This amount of grain has 21 times more calories, eight times more protein, but only three times the amount of fat as a pound of hamburger; definitely more substantial, healthful and humane than consuming beef. Hogs consume six pounds of grain and soy, turkeys four, and chickens three, for one pound of meat.

Although debatable, there may be a greater life expectancy among non-meat eaters. Eskimos, whose diet is primarily meat, have one of the shortest life expectancies of any culture.

Vegetarianism is also a creative way to live a big part of your life. It can be fun and adventurous being a vegetarian.

Choosing where to shop

In Eugene one can find a good selection of health food stores which contain many vegetarian specialties, including Oasis, The New Frontier Market, The Kiva, The Red Barn, and others. To focus on just one, Sundance Natural Foods is a place where a vegetarian can find more than she ever wanted.

The specialty of Sundance Natural Foods is what they call their

"Sundance Staples" - popular picks among the shoppers at Sundance as well as good starters for a vegetarian refrigerator. This includes but is not limited to the following: rice, vitamin C in bulk powder and tablets, canola oil and other oils in bulk, whole wheat flour and other flour, lentils, rolled oats, and raisins. All of these are organic, of course.

Sundance also has a large, unique salad bar full of mostly wheatless and dairyless goodies for those with these food allergies. They always have a pasta and soup of the day and a vegetarian chili made with tamari. Sundance also has the newest in meatless substitutes like tofu and tempey, including seitan, a washed wheat flour to be marinated and baked that leaves gluten behind. This provides an excellent substitute for ground beef or even chicken. This was a Japanese invention and is the latest in natural foods.

In addition to specialty stores, you can also find great vegetarian and bulk foods at places like Ware-Mart and Fred Meyer. Some other health food places are, The Kiva grocery store, on 125 W. 11th; Govinda's Vegetarian Buffet restaurant on 153 W. 8th; Hawthorn's Cafe and Deli, on 153 E. Broadway; and the Glenwood restaurant, on 1340 Alder street.

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nationally known fitness expert and author of *Fit or Fat*, inactive bodies have what is called "marbling fat" or streaking fat throughout their muscles. Even if you're not gaining weight—if you're not exercising, your muscles are turning to fat! Aerobic exercise tones muscle and increases its metabolic rate. All of these things make you burn more calories (even when you're asleep).

Rollerblading is a form of aerobic exercise. The word "aerobic" means air, but more specifically refers to oxygen in the air. The muscles need oxygen in order to function, and their need for oxygen increases dramatically when we work them. Aerobic exercise means steady exercise that demands an uninterrupted output from the muscles for a length of time.

Since it's difficult to measure the muscle activity itself, we measure the oxygen demand of the muscles. As you exercise harder, the amount of oxygen demanded by your muscles increases, and your heart goes faster. There is a point called the maximum heart rate where your heart cannot beat any faster regardless of increased intensity in exercise. For the greatest effect from aerobic exercise, a good rule of thumb is to exercise at a heart rate that is 60 to 80 percent of this maximum. Rollerblading

allows you to do this.

We have a rollerblading facility very close to campus. It is called the Campus Skate Co. and it's located at 720 E. 13th street. The price for skate rentals ranges from \$4.50 to \$5.50 an hour and includes all the safety equipment you need (helmet, wrist guards, etc.). The Campus Skate Co. also offers both private and group lessons. The cost is \$10.00 an hour for one person and \$2.00 for each additional person in your group. To schedule a training session call them at 683-3516. I have been in the Campus Skate Co. several times and the staff is extremely friendly, helpful, and knowledgeable about rollerblading.

Many of the paths in Eugene that are used for running and biking can also be used for rollerblading. For beginners, I would recommend the bike path that runs through Amazon Park. The path begins at the corner of E. 24th and Amazon Parkway and ends at the corner of E. 30th and Hilliard. It is smooth, flat, wide, and usually not very crowded. There is a creek that runs along one side of the path and the park is fairly wide open with fields of grass. Peaceful and serene, Amazon is a great place to get started.

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often have a hard time doing it. For instance, suppose a relationship we are in right now is abusive. We know the right thing to do for ourselves is to get out of this relationship, but this is more easily said than done. Many of us know what the solution is, but we have a hard time following through with it. A counselor may help you find the right techniques to reach the solutions you already know. They can point out things that are blocking our decision processes, and help us progress out of these difficult situations.

The student counseling center is here to help you. Don't cheat yourself out of a chance to get help for reasons like the ones above. You or your friends may not have the answers to everything, but someone professionally trained might be able to shed some new light on your problems with caring objective opinions and confidentiality. If you have any concerns that you would like to ask about, call the counseling center at 346-3227.

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ously useless if we don't believe we can handle the situations that confront us. Self-image is undeniably linked to the way we handle situations that confront us. Try beginning your day by listing your assets and capabilities. Bombard yourself with the reality of your own competency. In addition, develop a strong social support system. Find people who can be trusted and don't be afraid to lean on them now and then.

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Information and resources for well-being

- Conflict Resolution:**
 - University Counseling Center
13th Street at Agate 346-3227
 - UO Crisis Center hotline
346-4488 24 hours a day
 - Sexual Assault Support Services 484-9795
 - U of O Mediation Program
EMU Room 318346-4240
 - Office of Student Advocacy
EMU 318 346-3722
 - Women's Resource and Referral Center
Suite 3 EMU 346-3327
- Academic Concerns:**
 - Office of Academic Advising and Student Services
164 Oregon Hall 346-3211
 - Career Planning and Placement
244 Hendricks Hall 346-3235
 - Center for Academic Learning Services
68 PLC 346-3226
 - Harassment and Discrimination Concerns:**
 - Office of Affirmative Action
474 Oregon Hall 346-3123
- Office of Public Safety**
Straub Hall 346-5444
- Student Conduct Coordinator**
364 Oregon Hall 346-1141
- Coordinator Gay, Lesbian, Bisexual Concerns** 346-1142
- Lesbian Gay Bisexual Alliance** 346-3360
- Financial Concerns:**
 - Office of Student Financial Aid
260 Oregon Hall 346-3221
 - Student Employment Office
12 Hendricks Hall 346-3214
- Physical Ailments:**
 - Student Health Center
13th Street at Agate 346-4441
 - Health Information:**
 - Health Education Program 346-4456
 - Physical Therapy and Sports Medicine 346-4401
 - Slocum Sports Medicine Lab 346-4147
 - Sports and Activities**
 - Club Sports 346-3733
 - Recreation and Intramurals 346-4113