

Make your romantic dinners healthy feasts

By Wade Lester



One may think that a romantic dinner is no time to consider health issues. A romantic dinner should be elegant, thoughtful, well-planned, and absolutely special. People may think that on these occasions that it's OK to splurge. However, there are a countless number of dishes from Italian pasta to Mexican tortillas that can be both tasty and healthy. Why not turn such a special occasion into a chance to do something good for you and your partner's well-being?

Many of us think we are way too young to be thinking of such unfathomable things as heart-attacks, strokes, or cancer. However, the fatty foods we eat contain cholesterol that builds up plaques in our arteries and interferes with our blood circulation. This interference creates a burden for the heart and leads to heart disease and other health problems.

Many of you have heard of "defensive driving." The idea is to learn to drive in ways that will minimize the possibility of your being involved in an accident due to chance, carelessness, or the misjudgment of others. The goal is to prevent the accident from occurring in the first place. The same concept can and should apply to eating. We call this type of defensive eating "preventive nutrition." The idea is to learn to eat in ways that will prevent such dietary "accidents" as heart attacks, stroke, diabetes, obesity, and cancer. By adding a fruit dish or a vegetable dish to one's daily diet, a trend or habit can be set. I myself have had a Taco Bell habit, but eventually wandered, and have found considerable enjoyment from such infamous foods as broccoli and mushrooms.

If you are interested in speaking with someone about these diet-related health issues, the Health Education Program at the Student Health Center has both a nutrition counselor and a cholesterol educator. It costs nothing to make an appointment

with either of them, and free cholesterol screening is available at the Student Health Center every Tuesday, 9:30am-11:30am. Also available at the Health Education room library are a number of nutrition books. There are enough ideas and recipes in them for many romantic (and even ordinary) meals. Here are a couple of recipes I borrowed from *The New American Diet* by William and Sonja Conner:

For instance, beat 3 egg whites with 1/4 oz cream of tartar until stiff. Add yogurt and pre-

pared fruit mixture. Transfer to a gallon or larger ice-cream freezer and assemble and freeze according to manufacturer's directions. Use about 4 parts ice to 1 part rock salt. When yogurt is done, remove dasher and pack with more ice or transfer to your freezer to allow further hardening. VOILA!! Frozen fruit yogurt for the hot summer weather.

Now down to the romantic business. A romantic, healthy meal can be fashioned a million ways. Here is an example of one you can try.

Healthy Recipes For Any Romantic Occasion

Wild Broccoli Salad

Peanuts and wild rice create an interesting combo for this salad.

- 1 box rice and wild rice mix
- 1 carrot chopped
- 2 green onions, chopped
- 2 stalks celery, chopped
- 1 cup chopped broccoli
- 1 cup chopped cauliflower
- 1/4 cup unsalted peanuts
- 1/2 cup plain low-fat yogurt
- 1/4 cup buttermilk

Prepare rice according to package directions, except use 1/2 of seasoning packet and no margarine. Combine cooked rice with chopped veggies and peanuts. Combine yogurt and buttermilk and mix with rest of salad. Chill until serving time.

Calzones

An example of a main course is calzones, rounds of raised dough filled with a spinach-cheese mixture.

(Romantic to serve with Marinara sauce)

Dough

- 2 tsp. active dry yeast
- 1 TBS. honey
- 1 1/4 cups warm water
- 2 cups whole wheat flour
- 2 cups white flour
- 1/2 tsp. lite salt or less

Filling

- 1 pound fresh spinach or 1 package of frozen
- 1/2 cup minced onion
- 1/2 cup low-fat cottage-cheese
- 1/2 cup part-skim ricotta cheese
- 8 ozs tofu, cut into small pieces
- 2 cloves garlic, crushed
- 8 ozs part-skim mozzarella cheese, grated
- 1/4 cup freshly grated Parmesan cheese

After preparing dough, let set for about 1 hour. After rising, cut into 8 sections. With filling, fill each of 8 sections. Preheat oven to 450 degrees, cook for 15-20 minutes or until crisp and lightly browned.

WORKOUT, Continued from Page 1

one who has never seen a basketball in real life. Knowing how experienced your partner is with a certain sport also gives you an idea of what sort of equipment they might possess in relation to the sport in question. Even though running, biking, and rollerblading cost little or no money to do on a regular basis, they do have initial costs for equipment, shoes and proper clothing.

The final question is, how competitive do you want to be with each other? Is this a friendly basketball game of "pig" or is it a "one-on-one-no-foul-counted" rat ball match with a dinner riding on the line? Is going to be a run complete with time splits or a friendly jog-while-you-talk midnight run? Competitiveness is the component of working out together that can make or break the exercising experience (and even the relationship). It is extremely important that each partner feel comfortable with all of these areas before they begin the workout. In the end each participant will learn about each other and from each other.

In Eugene there are several activities that can be done together that involve little or no money once you have the equipment. There are several excellent places to go hiking. If you are looking for the unusual, the Forest Service can provide you with a map of our National forests complete with carefully mapped out scenic locations (often quite private) and interesting places to hike. The main office is located on 211 E. 7th. Most of these maps are free or require a small fee (usually under \$3).

Eugene is considered the running capital of the world. There are numerous bark-o-mulch trails and several scenic parks, such as Hendricks park, that make running incredibly fun. The most well manicured trail is the Amazon Running Trail which is located between 24th and 29th, just South of South Eugene High School.

The city also has several areas which have basketball hoops that are free, although most are outdoors. The University's outdoor courts are

located near the Bean Complex and are usually alive with activity. If you are looking to escape the campus area, the Amazon community center also has several outdoor hoops. Most area schools (both primary and secondary) have outdoor hoops that are available after school hours, and are usually quite empty.

Those interested in biking around town would enjoy the flat scenic bike route near the river. The loop is an easy six miles which includes a view of the river and access to Valley River Center and the Rose gardens of Lamb Cottage. The head of the trail begins near the U of O metalsmithing and ceramics buildings, which are located on the North side of the mill race near the Art and Architecture buildings. This trail is also a nice route for walkers, rollerbladers, and runners.

Eugene has much to offer in the area of free fun. Seize the moment and explore the world with your significant other while improving your health and your relationship.

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Information and resources for well-being

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

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 318 346-4240

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

Sports and Activities

Club Sports 346-3733

Recreation and Intramurals 346-4113