

Healthy Can Taste Good



By Jennifer Hicks

Low fat. It seems to be the major concern on everyone's minds these days. But we all know that in order to eat low fat, we must sacrifice great taste. Diet food just can't compare to a slice of pepperoni pizza...or can it?

I decided to put it to the test. While looking through *No Salt, No Sugar, No Fat* by Goldie Silverman and Jacqueline Williams and *Lowfat Cookies, Snacks and Other Munchies* from The Wellness Cooking School, I discovered some recipes that looked pretty tasty.

I chose garlic and cheese potato skins for the appetizer, a green salad, and Italian broiled cod as the test recipes. Then, I invited over four friends, none of whom are concerned with the fat content of their foods, to try out these low fat finds. Seniors Joel Crane, Polly Gunthmann, and Sarah Hirschman and recent graduate Ryan Connolly were the test subjects.

The potato skins went over very well. Joel Crane commented, "These skins are better than Red Robin's." On that note, I served the fish. The only negative comment that I got was that it was a little overcooked, which was no fault but my own. Polly Gunthmann said, "I thought this would be yucky, but it was great. I didn't even know it was low fat."

Many people do not realize that a lot of foods, such as fish, are very low in fat when cooked without the butter or oil. For example, the fish that I prepared had a mere 2.5 grams of fat, compared to a big 10 to 20 grams of fat in a slice of pizza.

For many people, such as my four friends, taste and convenience are two major reasons why they choose fast food over a healthy home-cooked meal. However, by giving up convenience and adjusting their taste buds to a new taste, (which is still a good taste!) the rewards are worth it.

All in all, my guests were satisfied and full with this healthy meal. I highly doubt, however, that my friends will now convert to a completely low fat diet, but maybe they will think twice before dipping into something greasy and fattening when looking for something tasty and filling.

In fact, when dinner was over, Joel Crane again commented, "I'd rather have that meal instead of a slice of pizza." Needless to say, my test was complete.

Garlicky Baked Potato Skins

- 4 medium-sized all-purpose potatoes (about 2 lbs.)
1 Tbs. plus 1 tsp. olive oil
1 large garlic clove, minced
1/2 tsp. freshly ground black pepper
1 Tbs. thinly sliced scallion greens
- 1-4 tsp. salt
2 Tbs. grated Parmesan cheese
1/2 cup nonfat sour cream
- Preheat the oven to 400 degrees.
 - Boil the potatoes for 50 to 60 minutes, or until soft when gently squeezed. Set the potatoes aside until just cool enough to handle.
 - Cut each potato in half lengthwise and carefully scoop out the flesh, leaving a 1/4-inch-thick shell. Reserve the scooped-out potato for another use.
 - Increase the oven temperature to 450 degrees. In a cup mix the oil, garlic, pepper and salt; brush the inside of the potato shells with this mixture. Cut each shell lengthwise into 3 strips and arrange them in a single layer on an ungreased baking sheet.
 - Sprinkle the potatoes with the Parmesan and bake 10 to 12 minutes, or until the potato skins are crisp and lightly browned.
 - Meanwhile, in a small bowl stir together the sour cream and scallion greens. Serve the potato skins warm with the sour cream sauce on the side. Makes 8 servings.

Lowfat Cookies, Snacks & Other Munchies by The Wellness Cooking School, 1993. Health Letter Associates.

Italian Broiled Fish

- 1 to 1-1/2 lbs. fish steaks of fillets
1 tsp. fresh thyme OR 1/2 tsp. dried thyme
1/2 cup whole wheat flour
1/2 tsp. garlic powder
1/2 tsp. oregano
- 1 tsp. fresh thyme OR 1/2 tsp. dried thyme
1 egg white
1/2 cup plain lowfat or nonfat yogurt
- Kinse fish under running water. Pat dry with paper towels. Combine flour and seasonings. Beat egg white until frothy. Dip fish in egg white and then in flour mixture. Place in broiler pan. Spoon yogurt over fish. Broil 5 to 8 minutes, turn and broil until done. Garnish with lemon juice. Makes 4 servings.

No Salt, No Sugar, No Fat by Goldie Silverman & Jacqueline Williams, 1992. Witly Getty Productions.

Growing Together



By Kim Colosimo

The atmosphere in the old wooden building nestled near the train tracks on Fourth Avenue and Willamette Street was saturated with warmth and openness. I was visiting the Eugene Grower's Market for the first time. A beautifully written Mission Statement hanging on the cluttered wall caught my eye. I read it, but it didn't impact me then, as it would later.

The next thing I noticed was an array of beautiful produce. Seasonal fruits and vegetables were piled high on the tables. The fresh herbs, fruit, and cool earth smelled heavenly. There were mountains of red, yellow, and green apples toppling over hills of green and yellow Oregon pears. I saw garlic cloves the size of small fists and arm loads of basil leaves. Bulk foods, shampoo, and soap lined the shelves, and the freezer case was full of specialty items.

It wasn't long before members were talking to me, striking up conversation with mutual admiration for the Market's goods. Heiko, the substitute manager for the day, introduced himself to my friend and I. He took us on a tour of the Market,

shelving items along the way and occasionally tasting grapes.

"Our produce is only limited by what is in season. There are some items we can always get. Tuesday is the day to call in an order," Heiko explained, handing us a pre-order form for future reference. The Grower's Market opens its doors on Thursdays when the ordered produce arrives and stays open on Fridays as well. It is not necessary to pre-order, because there is always extra produce to be bought.

Heiko said the produce is grown as locally as possible and Organically Grown is their chief supplier of produce. Organically Grown is owned by organic farmers in Oregon. In addition, The Grower's Market is dedicated to supporting sustainable farming, a process that produces crops without the aid of chemical pesticides, herbicides, fungicides and is fairly free of petroleum.

In 1972, the Grower's Market got started in a garage with the idea that people should be able to get good, organically-grown foods inexpensively. The market is able to keep costs low because it is run entirely by volunteer members, thus eliminating an intermediary between farmer



The Grower's Market is located on 454 Willamette and is open on Thursdays from 2:30 to 7:30 p.m. and Fridays from 3:00 to 6:30 p.m. Everyone is welcome!

and buyer. In return, volunteer members receive a 15% discount, and most members take advantage of the additional savings. "That is why this works so well," said Heiko. Without paid staff, however, often no one is available to answer the phone. Before I made my excursion, I had called the Grower's Market many times with no success talking to anyone. I'm so glad this fact didn't discourage me.

"I've been involved with a lot of non-profits," said Heiko, "and this one works the best. Everyone really wants it to work. It's like a family. People bring their kids and don't have to worry because we all watch them."

Terry Jones, a six-year member said, "I love the Market. It is a great place to socialize and it has the best organic food at the lowest prices anywhere."

General meetings are held on the first and third Thursday of the month and any-

one is welcome. Heiko explained that the Market, which is essentially a food buying club owned by everyone who shops there, collectively decides to give away a certain percentage of food every year.

I invite everyone to check out the Grower's Market and do something good for you and your community. On the way out, I turned around to wave and thank Heiko again, and this time when I read the Mission Statement I understood:

We are a cooperative with a consensus-based democratic process. Our purposes are to provide the physical space which serves as a food site for the promotion of social change within our community, to obtain quality food at reasonable prices, to support sustainable agriculture and the local agricultural base, and to involve and inform the broadest possible spectrum of our community.

Healthful eating strategies: Debunking the fat-free myth



By Noelle Fein

I looked in my refrigerator one day, and I discovered that there was nothing to eat. I decided to go grocery shopping. I was on a mission to buy healthy, low fat products, but I was bombarded by so many fat-free, low fat, 97% fat-

free, and reduced-fat products that I did not know which to choose.

In order to choose healthful foods, you must know what food your body requires. Your body needs three sources of energy: carbohydrates, fats, and proteins (see the food pyramid for serving/day). Carbohydrates come in 2 types: complex and simple carbohydrates. Rice, pasta, and bread are complex carbohydrates. They are a good energy source and they contain fiber, vitamins and minerals that are a necessary part of your diet. Simple carbohydrates are sugars like table sugar (sucrose) and fruit sugar (fructose). All carbohydrates contain 4 cal/gram (except fiber which contains no calories).

Fats also come in two types: saturated fats and unsaturated fats. Saturated fat increases your risk of heart disease by depositing fatty buildup in your arteries. Typically, saturated fats are from animal sources. Three saturated fats from plant origin are palm, palm kernel, and coconut oils, and they can be found in pre-packaged baked goods. There are several types of unsaturated fats. Some examples are polyunsaturated and monounsaturated fats, and they are of plant origin. In general, unsaturated fats are more liquid at room temperature. Therefore, vegetable oil is more unsaturated than margarine and margarine is more unsaturated than butter. Replacing saturated fats with unsaturated fats can reduce the risk of heart disease.

When shopping, do not focus on the product labels on the front because they contain misleading information. Your strategy is to look at the Nutrition Facts label on the back of almost all products. Focus on these items: calories, serving size, fat calories and carbohydrate grams. Ignore the percentage signs because they can be confusing.

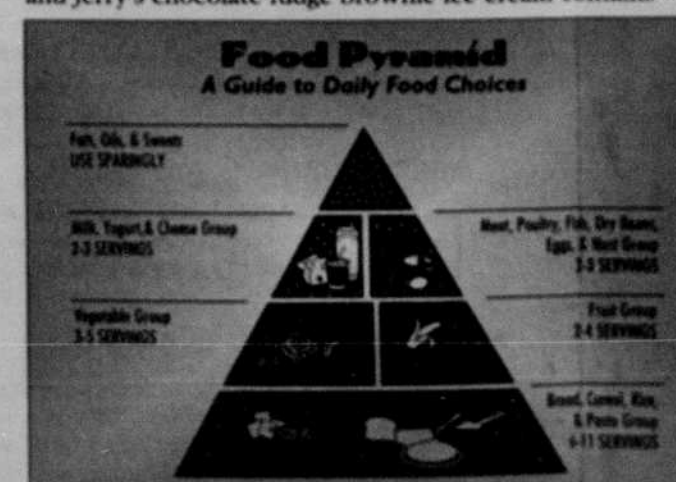
First, look at servings and calories. If there are many servings but the package looks small, you are probably going to eat several servings in one sitting. You might consume two or three times as many calories listed. For instance, when I made fat-free brownies, I ate half of the box. They contained 16 servings total; therefore, I ate over 900 calories—about half my calories for the day from

brownies!

Second, examine the calories from fat on the nutrition label. You do not want more than 30% of your daily calories to be from fat. Therefore, choose foods with a big difference between the total number of calories and the number of calories from fat. Remember that eating moderate amounts of foods that contain higher amounts of fat can still fit into a healthy diet.

Next, read the total carbohydrates listed. You want this number to be much higher than the grams of sugar listed. Sugar provides empty calories with no nutrients. Extra sugar is converted into fat. Some people buy into the fat-free myth that if a product contains no fat it contains few calories and is even good for them. Most fat-free desserts contain high amounts of sugar and salt, and few nutrients, so they are not nutritious.

I compared several fat-free and reduced-fat desserts to regular fat content desserts. Often, the amount of sugar remained the same or even increased a small amount. Ben and Jerry's chocolate fudge brownie ice cream contains



22 grams of sugar. Their reduced-fat yogurt of the same flavor contains 34 grams of sugar per serving, and 48 more calories from sugar than the ice cream. Dannon's nutrasweet, cappuccino yogurt is a better option because it contains no fat and only 24 calories of simple sugars (see sample meals).

Don't give up hope if you enjoy eating tasty foods, but you also want to be healthy. See the side bar of sample meals for more information and ideas.

Sample Meals: Fat and Calorie Breakdown



Tuna sandwich

Typical Meal	fat(g)	cal	Improved Meal	fat(g)	cal
3 oz. oil packed tuna	7	158	2 oz. water packed tuna	1	60
2 tbs. mayonnaise	22	260	2 tbs. light mayonnaise	4	60
white bread (2 slices)	2	152	whole grain bread (2 slices)	2	136
lettuce	0	30	lettuce	0	30
1 Dove Bar	22	350	Dannon yogurt bar (vanilla)	1	60
			1 orange	0	60
Total fat: 52 grams (477 calories)			Total fat: 8 grams (72 calories)		
Total calories: 890			Total calories: 406		

Wendy's Old Fashioned Hamburgers

Typical meal	fat(g)	cal	Improved meal	fat(g)	cal
Single hamburger	16	350	Grilled chicken	7	290
medium french fries	17	360	plain potato	1	250
Pepsi (16 oz.)	0	100	Diet Pepsi (16 oz.)	0	0
Total fat: 33 grams (297 calories)			Total fat: 8 grams (72 calories)		
Total calories: 810			Total calories: 540		

Resources Provided by the Health Education Program:

- Low-Fat Cooking Workshop** offered most terms.
- Nutrition Analysis Program:** Provides a computer analysis of your diet based on a 3-day food diary.
- Peer Health Educators:** Are available for one-on-one consultation in the Health Education Room during week day hours of the SHC.
- Health Education Room:** Has a lending library which includes cookbooks and other nutrition information for check-out.

Call 346-4456 for more information. All services are FREE to registered students.

"Let's Do Coffee"



By Dolly Spektor

All of your friends are doing it. They have been for some time now. Sometimes you feel like you're being left out of their conversations intentionally. After all, why

would they want to listen to someone who's never done it, someone with no experience? Well, you've had enough. You are sick and tired of feeling like you are the only one left. You decide to turn in your badge and take the big plunge to see what you have been missing. You're determined to become a mocha man or a latte kind of lady. You're ready to become one with coffee. But are you? Before making such a big decision, there is one thing that you should know about the king of all beans: Caffeine.

Caffeine has been used as a stimulant since the stone age. In its pure form, caffeine is a white, bitter tasting crystal belonging to a form of chemicals known as methylxanthines. In addition to occurring in coffee, this ancient mind-altering drug is also found in tea, cocoa, chocolate, many soft drinks, and also drugs, both over-the-counter and prescription.

While it is true that caffeine has the ability to enhance mental alertness and reduce feelings of fatigue, some side effects such as anxiety, jitters, tremors, headaches, insomnia, a temporary rise in blood pressure, rapid or irregular heartbeat, restlessness, upset stomach, an increase in the output of urine, and other unpleasant symptoms do exist (The Good Health Fact Book, 1992). These symptoms, however, largely depend on the amount of caffeine consumed and on the person consuming it. For instance, if you're a beginner, a single cup of coffee, which contains about 100-150 milligrams of caffeine, can have a great effect on you; whereas, if you frequent the coffee corners regularly, you may feel absolutely nothing due to the degree of tolerance that can be developed over time.

So how much is too much? Quantities of about 200-250 milligrams a day (about two 5 oz cups of coffee) are not harmful for healthy adults. A person would have to drink between 67 and 100 cups of coffee in a day to produce a fatal overdose, although 10 cups of coffee within a 24 hour period may cause sensory distur-

bances (Donatelle et al., 1990).

In addition to these physical disturbances, you can become addicted to caffeine as well. Researchers estimate that 8 percent of Americans suffer from caffeine addiction and another 15 percent are considered to be diagnosed caffeine addicts. Caffeine addiction is often termed as caffeine intoxication, or "caffinism". Symptoms of caffinism include chronic insomnia, jitters, nervousness, anxiety, and irritability. Think you might be addicted? You can check by not consuming anything containing caffeine, and if you get a severe headache within 4 hours, you might be addicted.

If you feel that you may be addicted to caffeine, Kristen Olmos, a nutritionist at the University of Oregon Health Center, suggests, "[Cut] down gradually as opposed to 'going cold turkey' in order to avoid experiencing withdrawal symptoms such as headaches, laziness, and drowsiness." You may also want to consider switching to decaffeinated coffee as an alternative.

Still set on giving it a try? Well then bear this thought in mind: Many people don't think much about the role liquids play in their diets. While it's true that basic black coffee is virtually calorie and fat free, cappuccinos, mochas, and lattes are another story. For example, a large, 16 oz. mocha with all the fixings contains 390 calories and 25 grams of fat—not that much different from a quarter pounder which has 20 grams of fat and 420 calories (Margolis 1995). Fortunately, many coffee houses now offer skim or low fat milk so you can enjoy a grande without the guilt.

Now that you know a few facts about our dear friend caffeine, and are aware of the options that you have, choose what is best for you. Remember, as with all good things, keep your caffeine intake in moderation. If you enjoy a cup of joe in the mornings or when you're out with your friends, so be it. Just don't keep the java pouring all day.

Works Cited

- Donatelle, Rebecca, Lorraine Davis, Carolyn Hooser, Anna Harding eds. 1991. Access To Health, 2nd ed. Englewood Cliffs, NJ: Prentice Hall.
- Margolis, Dawn. 1995. "Liquid Calories." American Health, vol. XIV #8, pp. 12-14.
- Kessler's Digest Association. 1992. The Good Health Fact Book. Pleasantville, New York.

are having difficulty balancing your responsibilities and your health, you are not alone, and support and guidance are always available.

After my first panic attack, I took a good, long look at my life, and decided to make changes. I dropped one class and reduced my work hours. I increased my son's day-care hours to allow for some "down time" during the day. I started taking extra B-complex and C vitamins for stress, plus calcium/magnesium at night to help me unwind. And when things began to look overwhelming, I called a supportive friend; when a friend wasn't available, I called the counseling center or a crisis line. I stopped trying to be perfect, I prioritized my health, and I hung in there. And before I knew it, I had made it through my first term (with straight A's) and had a new repertoire of self-care skills to keep me going, for the rest of my (long and healthy) life.

No matter what you're trying to accomplish, your good health is the key to your success. Good nutrition, rest, exercise, and emotional support can give you the extra boost you need to go the distance. Prioritize your health, and the rest will follow!

Resources

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| UO Crisis Center | 346-4488, 24-hour phone counseling |
| Returning Students Association | 346-4305, Room 27, EMU |
| Women's Center | 346-4095, Suite 3, EMU |
| Counseling Center | 346-3227, Room 210, SHC |
| Academic Learning Services | 346-3226, Room 68, PLC |
| Birth to Three warmline | 484-4401, 3875 Kincaid |
| Health Education Program | 346-4456, 1st floor, SHC |