

Factoids

The average American woman is 5'4" tall and weighs 140 pounds. The average American model is 5'11" tall and weighs 117 pounds.

—The National Eating Disorders Association

In 5 to 15 years, the risk of stroke for ex-smokers returns to the level of those who've never smoked

—The American Heart Association

There are 10 different methods of birth control available at the health center

90% of all campus rapes occur when alcohol has been used by either the assailant or the victim.

—factsonap.com

Female college freshman are at the highest risk for sexual assault between the first day of school and Thanksgiving break.

—factsonap.com

By the first year of college 4.5 to 18% of women have a history of bulimia.

—S.C.a.R.E.D. (eatin-disorder.org)

One 15-30 minute indoor tanning experience exposes the skin to the same amount of UV light as an entire day at the beach

—(http://www.aad.org/DermIn-sights/Fall2000/tanning.html)

A regular Chocolate Chip Cookie Dough Blizzard from Dairy Queen has 36 grams of fat and 950 calories

—(http://www.qler.com/cgi-bin/food2)

The best selling category of books, other than textbooks, is cookbooks; second best seller is diet books.

Today, about 13% of Americans, or 35 million people, are aged 65 and older. Between 2010 to 2030, the growth rate of the elderly is projected to exceed that of the population under age 65, and by 2050, the elderly population is projected to reach 79 million.

—(U.S. Administration on Aging www.aoa.dhhs.gov; U.S. Census Bureau)

When Americans are under stress, or uncertain about the economy, they tend to reach for comfort foods and sweets. Chocolate sales, for example, have risen sharply in North America following the terrorist attacks.

—Sources: Reuters News Service, November 2001; http://justfood.com

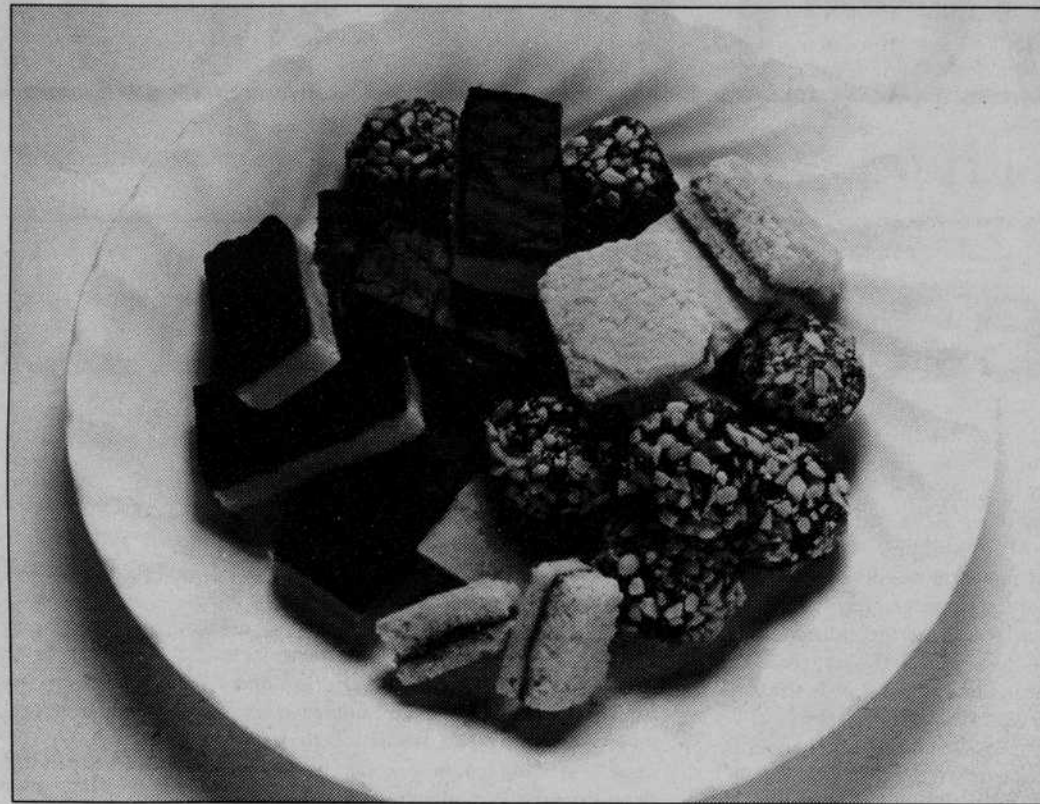
As of April 7, 2003, more than 100 cases of SARS (severe acute respiratory syndrome) had been reported in the U.S.

—www.cdc.gov/ncidod/sars

Oils that are low in saturated fats include canola oil (7% saturated fat), flaxseed oil (10% saturated fat) and safflower oil (10% saturated fat). Oils high in mono-unsaturated fats include olive oil (75% mono-unsaturated fat). All make good choices for cooking.

—American Dietetic Association eatright.com

Trans fats: We're talkin' food, not cars



Nutrition Facts

Serving Size 1 cup (200g)

Amount Per Serving

Calories 260

% Daily Value

Fat 13g 20%

Saturated Fat 3g 25%

Trans Fat 2g

Cholesterol 30mg 10%

Sodium 660 mg 28%

Carbohydrate 31g 10%

Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4% Vitamin C 2%

Example of new food labeling slated to show up this year according to the FDA.

By Molly Lebrkind

Do you consider yourself "fat savvy?"

Do you know how to make wise choices based on nutrition labeling on packaged foods? What if I were to say that nutrition labeling is not everything it appears to be. If you are someone who prides yourself on knowing how to read a nutrition label to make healthy food choices, you will want to read on.

Going into effect this year, the Federal Drug Administration (FDA) has approved a new line added to the nutrition facts on every box, can, or package of processed food. The new line will indicate the amount of "trans fat" in the food item. This decision is based on findings that trans fats are as potentially harmful as the much maligned saturated fats.

Trans fatty acids (or trans fat) have been used in processed foods for the last 100 years. They are made from manipulating vegetable oils (corn or soybean) in a process called hydrogenation. More specifically, hydrogenation is a process that

changes liquid oil into a more solid form, making it easier to use in baking and frying. The process is helpful to food manufacturers because it allows for a longer shelf life by reducing rancidity and making it cheaper overall.

So why call attention to this now? Research by the American Dietetic Association (ADA) finds that partially hydrogenated unsaturated fat raises blood cholesterol and presents relative risks for coronary heart disease (CHD) that are similar to or more than those for saturated fats. Trans fat is known to raise LDL or "bad cholesterol" and lower HDL or "good cholesterol." Many consumers (us!) are not aware that trans fats are in our food, let alone their adverse impact on heart health. For example, the package containing Oreo cookies currently lists that one serving (3 cookies) has 1.5 grams of saturated fat. They do not mention that one serving also contains 2 grams of trans fat. We can see the trans fats only by looking at the ingredient list, which includes "partially hydrogenated vegetable oil", i.e. trans fats.

What should we do with the new trans fat information once packaging lists it?

American Heart Association recommendations are still prudent. They suggest no more than 30% of our daily calories come from fat, this includes the 10% of our calories from polyunsaturated fats (mainly, vegetable oils that haven't been hydrogenated) and 10-15% from monounsaturated fats (such as olive and canola oil). That leaves a mere 5-10% of our calories from saturated and trans fats combined.

It may be difficult to reduce intake of trans fats immediately because labeling of trans fats is not yet in effect and will not be until fall of this year. However, chances are if "partially hydrogenated oil" is listed, it contains trans fat. The only sure-fire way is to stick to unprocessed foods. Stock up on whole foods such as whole grains, legumes, fruits and vegetables, which contain no trans fat. Also, control what is in your food by learning to cook meals yourself using heart healthy oils and ingredients. It is a whole lot cheaper too!

For more information on trans fat, visit the American Dietetic Association web site at www.eatright.com. For questions about your own diet, see Kristin Olmos (346-2794), the UO Health Center dietitian or join her cooking 101 class offered every term.

Hypoglycemia: Less common than you might think

By: Karla Garcia

Have you ever eaten a meal and then shortly after felt spaced-out, weak, nervous, or unable to concentrate? Often when individuals are dragging between meals, they are tempted to conclude that they have hypoglycemia. The term literally means low blood sugar. The condition of clinical hypoglycemia, however, is quite rare. Typically the low energy feeling after meals is indicative of something else. Allow me to explain what I learned as a result of my own experience and research.

To understand hypoglycemia,

let's consider blood sugar more carefully. Our body's preferred sources of fuel is glucose. When it is transported in the blood, it is commonly referred to as blood sugar. While dietary protein and fats affect blood glucose concentration, dietary carbohydrates affect your glucose levels more directly. Ideally our pancreas and insulin levels maintain relatively steady blood glucose before and after a meal. In a hungry state, stored carbohydrates in the liver (known as glycogen) is released into the blood in response to a decline in blood glucose. In a fed state when blood glucose levels rise, insulin acts to clear blood glucose and store it as glycogen for later use. If glucose levels were to drop below the normal range of 80-120 mg/dl, your body may experience something akin to running out of fuel. You could begin to get shaky, indecisive, weak or dizzy. Maintaining relatively constant blood sugar levels is essential for your entire body to function properly.

There are several causes for blood sugar levels to drop low enough to trigger that spacey and weak feeling that are not a medical condi-

tion. Skipping meals is one such reason and is easily remedied by a little meal planning. Long periods of strenuous exercise will also deplete blood glucose and also glycogen stores. Drinking too much alcohol can also cause blood sugar to drop in sensitive individuals. These situations do not constitute clinical hypoglycemia since they are not a metabolic abnormality.

Medical conditions that can cause hypoglycemia include diabetes where

injections of insulin following a meal can cause an abrupt drop in blood glucose, which is commonly referred to as an "insulin reaction." According to the American Dietetic Association, hypoglycemia is a rare condition, and many people who diagnose themselves are confusing their symptoms with inadequate nutrition, fatigue, depression or related situation.

Your medical practitioner can test for hypoglycemia. While experiencing such symptoms, your blood sugar levels are measured and then upon digestion of sugar, symptoms are relieved. If you notice common symp-

toms such as anxiety, sleeplessness, lack of energy, irritableness between meals, feeling faint and shaky when hungry, having a poor memory or difficulty concentrating, see your medical practitioner to determine the cause of the symptoms. Don't fall into the common trap of diagnosing yourself as having hypoglycemia.

If you have questions or concerns about your diet or your blood glucose level, come by the Health Education office on Tuesdays 9:30-11:30, when dietitian Kristin Olmos is offering cholesterol and blood glucose screening. To make an appointment with the Health Center's physicians or nurse practitioners call 346-2770.

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