

Healthy diets include moderation, freedom

Self-discipline in diet and exercise can lead to New Year's resolution successes

Sara James
Staff Reporter

Even when trying to eat healthfully, go ahead and eat that candy bar.

Along with working out, some people are attempting to eat more healthfully and cut fatty foods out of their diets. However, dieting doesn't mean cutting out all desirable foods.

"You can eat whatever you want, as long as you eat in moderation," said Lora Cunningham, assistant director of Sodexho. "Moderation means you don't need a big order of fries, you don't need a whole order of onion rings. Split it, and save yourself half the calories."

Another way to monitor eating habits is Sodexho's new program called Mind, Body and Soul. This system enables students to locate information online about their food. The sheets that list what items Sodexho serves now are accompanied by small symbols, including an apple, sunflower, tomato and asparagus. The apple represents a well-balanced food with less than 15 grams of fat. The sunflower represents a vegan selection, the tomato is for a vegetarian item and the asparagus represents carbohydrate-friendly selections with less than 20 grams of carbohydrates. Cunningham said she encourages students on a budget to eat at least one meal on campus in the dining hall.

"There's fresh fruit, fresh vegetables and a salad bar, which is unlimited in the dining halls," she said. "Even if you're not on a dining plan, it's only \$3.75 for lunch and \$4.55 for dinner. At least if you eat in the halls, you'll be getting one meal with all of the fruits and vegetables you need, in one sitting, at a decent price."

Sophomore Lindsey Cross said she finds it difficult to eat healthfully.

"If you get up for a 7:30 a.m. class, there's no way you want to wake up even earlier to make breakfast," Cross said. "It's hard living off campus because you just don't want to take the time to even make a healthy dinner. It's just easier to go grab something from a fast food place."

To eat more healthfully, Cunningham said she recommends five sources of fruits and vegetables every day and doubling them up in one meal so they aren't eaten in five separate sittings.

"My resolution was to get five servings of fruits and vegetables every day," Cunningham said. "When I get home at 7 o'clock at night, a box of Cheez-Its work a lot easier. There are not any of us out there that can actually say that we don't need some help in making sure that they eat properly."

Cunningham said she has problems eating right, just like most people.

"Just last night I went home and ate about eight Girl Scout Thin Mint Cookies, and I was still hungry," she said. "I could've had a serving of chicken, some green beans, a salad and a cookie. I would've been full and had the same amount of calories that I had just eaten in those eight cookies."

Cunningham said she recommends keeping a food journal to record meals each day, but being honest is crucial. She said it will provide valuable information and help an individual determine why he or she is losing or gaining weight.

"There are a lot of times when you'll just grab something and pop it in your mouth," she said. "You'll honestly think that you don't eat a lot, and you'll think to yourself, 'I don't eat a lot - why am I not losing weight?'"

Senior Alisha Hudson, a personal trainer from the YMCA, said she agrees keeping a personal journal is a good idea.



Freshman Shanna Foster opts for healthful choices at the salad bar in Missouri Hall's cafeteria Monday evening.

Nick Corich/Index

"Journals are a great thing," Hudson said. "People are often very surprised by what they actually put in their mouth, and then they can really start to meet their goals."

Cunningham said one problem for people is diet sodas.

"Diet soda is no better for you than regular soda," she said. "It is simply not a good alternative [to regular soda] and will not help you lose or keep off any weight."

Cunningham said the better alternative to soda is water, and an easy formula can determine how much water a person should drink per day. An individual can divide his or her weight in pounds in half and consume that many ounces in water per day.

When calculating needed water intake, an individual also needs to consider the sodium that goes into his or her body, she said.

Cunningham said that with more sodium consumed, the body will retain more water, thus making it harder to lose weight.

As far as actually sitting down and eating, Cunningham said a person needs at least three meals per day, but she also recommends dividing the three larger meals into five.

"You'll have breakfast, a snack, lunch, a snack and then dinner," she said. "You'll have your body working to burn those calories all day."

One of the hardest things to do is to stop giving in to cravings. Cunningham had some great insight to exactly what to do about them.

"If you're craving something, within the first two bites that you take, your craving will go away," she said. "Your brain has now been given what it wanted. The first two bites will accomplish what you really needed."

Cunningham said anyone looking for more information can visit Sodexho's Mind, Body and Soul program Web site at www.balancemindbodysoul.com.

"You can eat whatever you want in moderation, and that's what everyone has gotten away from," Cunningham said. "Do you want it, or do you need it?"

Recipes to Remember

Cool Vegetable Pizza

- 1 (10-ounce) package refrigerated crescent roll dough
- 2 (8-ounce) packages nonfat cream cheese, softened
- 1 tablespoon of low-fat mayonnaise
- 1 teaspoon dried dill weed
- 1/2 cup finely chopped mushrooms
- 1/2 cup finely diced red pepper
- 1/2 cup finely chopped raw broccoli

Preheat oven to 350 degrees Fahrenheit. In a lightly greased 9x13 inch pan, arrange the crescent roll dough in a single layer. Pinch together the edges of the dough, and bake for 12 minutes or until crust is a golden brown. Remove crust from oven, and cool thoroughly. In a medium bowl, mix together the cream cheese, mayonnaise and dill. Spread mixture evenly over the dough. Sprinkle toppings on top of cream cheese mixture. Cover pizza with foil and refrigerate for at least 30 minutes to set topping. Cut chilled pizza into wedges or squares.

- Calories: 142
- Cholesterol: 14 mgs
- Fat: 5.5 grams
- Protein: 8 grams
- Percent Fat: 35

Mexi-Cheese Dip

Servings: 16

- 2 (14.5-oz) cans diced tomatoes, undrained
- 1 teaspoon olive oil
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 8 ounces fat-free cream cheese, softened
- 1 teaspoon chili powder
- 6 ounces processed cheese

Sauté garlic and onion in olive oil over medium heat in skillet. Add cream cheese and stir until the cheese has melted. Add the diced tomatoes and chili powder and stir until well blended. Add the processed food and stir until the cheese has melted and is blended thoroughly into mixture. Remove from heat and place in bowl. Serve with tortilla chips or crackers.

Amount per serving:

- Calories: 64
- Carbohydrates: 4 grams
- Protein: 5 grams
- Fat: 3 grams
- Percent Fat: 42

Source: <http://www.balancemindbodysoul.com.html>
Designed by: Karen Schwartztrauber/Index

WWW.TRUMANRENTALS.COM

Providing Affordable Student Housing for over 20 years.

Boardwalk • Waterworks • Park Place •

States Avenue • St. James Place • New York Avenue

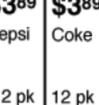
**Four Horizons Realty
703 N. Marion St.
Kirksville, MO 63501
660-665-RENT**

www.4horizonsrealty.com



Hot Ice House Coffee For Chilly Mornings!



Bud..... 12 pack 8⁴⁹	Marlboro ctns.	Salem ctns.	Basic ctns.
Lite..... 12 pack 8⁰⁹	\$24.49 +tax	\$24.49 +tax	\$21.89 +tax
Coors..... 12 pack 8⁴⁹	Kool ctns.	Doral ctns.	Viceroy ctns.
Busch..... 12 pack 7⁰⁹	\$21.99 +tax	\$19.89 +tax	\$20.89 +tax
 \$3⁸⁹ 12 pk	Camel ctns.	Monarch ctns.	ICE HOUSE now hiring sales associates
 \$3⁸⁹ 12 pk	\$22.49 +tax	\$18.09 +tax	
Cappuccino	Winston ctns.	GPC ctns.	<ul style="list-style-type: none"> • Full- and part-time • Flexible hours • All shifts available • One year bonuses • 401K retirement plan • Paid vacation • Personal days Apply at any Ice House
<i>"America's fastest growing hot beverage"</i>	\$21.19 +tax	\$20.89 +tax	
Enjoy these great flavors: French vanilla, Cinnamon vanilla nut and Pumpkin spice.	Virginia Slims ctns.	Pall Mall ctns.	
	\$25.49 +tax	\$18.39 +tax	
	Parliament ctns.	Misty ctns.	
	\$25.49 +tax	\$18.39 +tax	