TRUE OR FALSE?

A HEALTHY BREAKFAST SHOULD CONSIST OF HIGH PROTEIN, LOW CARB FOODS SUCH AS EGGS, SAUSAGE & BACON.

LAST ISSUE’S ANSWER: FALSE

ACTUALLY, WOMEN ABSORB ALCOHOL INTO THE BLOODSTREAM FASTER AND METABOLIZE IT SLOWER THAN MEN.

Did you know...

Low-fat and non-fat foods such as licorice, jellybeans, and cookies may appear healthy but in reality they are high in sugar and empty calories.

Most Americans need to consume 14-16 calories per pound of body weight depending on how physically active they are.

A pound of body fat stores 3,500 calories.

FIT FAST FOOD

SUBWAY: 6 in. “6 Grams or Less Subs”
230-370 calories
3-6 grams of fat

MCDONALD’S: Hamburger and Apple Dippers
360 calories
18 grams of fat

ARBY’S: Jr. Roast Beef Sandwich
270 calories
9 grams of fat

TACO BELL: 2 Fresco Style Chicken Tacos
340 calories
8 grams of fat

10 Ways to Eat Smart
1. Eat breakfast every day
2. Drink 8 glasses of water/day
3. Read food labels
4. Cut down on red meat
5. Eat whole-grain bread
6. Use egg whites, not yolks
7. Use pepper instead of salt
8. Chew your food well
9. Stay away from caffeine
10. Don’t eat on the run

HEALTHY RESTAURANTS IN OUR NEIGHBORHOOD

Rainbow Acres
4756 Admiralty Way
Marina Del Rey, CA

Shima
1432 Abbot Kinney Blvd
Venice, CA

Tender Greens
9523 Culver Blvd
Culver City, CA

The Veggie Grill
720 Allied Way
El Segundo, CA

Pre-Workout Nutrition
Best results when consumed 30 minutes before workout.

PROPER SNACK OPTIONS INCLUDE...
Scrambled egg whites and instant oatmeal
Luna bar or Balance bar
Apple/banana and 1 tbsp. reduced fat peanut butter
Half of a bagel with low-fat cream cheese
Glass of orange juice and low fat yogurt

Post-Workout Nutrition
Best results when consumed within 30 minutes of exercise termination.

PROPER SNACK OPTIONS INCLUDE...
A glass of chocolate milk or G2 Gatorade
Small portion of tuna salad with crackers
Peanut butter sandwich
Turkey sandwich with light mayo and tomatoes

Think About It:

Serving Sizes:
one serving of meat = a deck of cards
one serving of pasta = a tennis ball
one serving of cheese = three dominos
one serving of fruit/vegetables = your fist
one serving of peanut butter = golf ball

Fact vs. Flush
1. Being underweight can decrease immune response to infection and disease.
2. Skipping meals is a healthy way to lose weight.
3. Fad diets work for permanent weight loss.
4. Frozen fruits and vegetables can be just as nutritious as fresh ones.
5. Eating after 8 pm causes weight gain.

Fact: 1, 4 Flush: 2, 3, 5

Toilet Talk Trivia
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November Mission:
REGISTER FOR THE “TRY”-ATHLON!
IF YOU DO NOT WANT TO PARTICIPATE INDIVIDUALLY, REGISTER AS TEAMS OF 2 OR 3.

Come to Burns Rec Center to enjoy the Nutrition Expo on November 11th from 3 to 5 pm. Recieve education on the latest health issues. Event includes: giveaways; body fat, flexibility and blood pressure testing; free energy bars and sports drink samples.

LMU’s “Try”-Athlon will challenge you to complete a full 112 mile bike ride, 26.2 mile run, and 2.4 mile swim. You have from November 3rd to November 23rd to complete it. Register at lmu.edu/campusrec! Payment is to be made at the FitWell Center located in Burns Rec.