

STALL TALK

Your source for healthy events, news, & tidbits

November 2008 | Volume 3 | Issue 3: November Nutrition

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

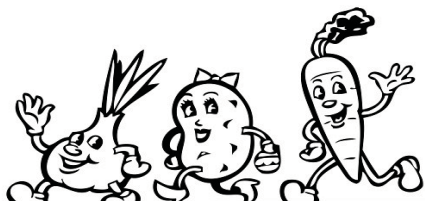
270 calories

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
3. Cut down on red meat
4. Eat whole-grain bread
5. Chew sugar-free gum
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**

NOVEMBER MISSION:

**REGISTER FOR THE "TRY"-ATHLON!
IF YOU DO NOT WANT TO
PARTICIPATE INDIVIDUALLY,
REGISTER AS TEAMS OF 2 OR 3.**

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

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.

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!](http://lmu.edu/campusrec) Payment is to be made at the FitWell Center located in Burns Rec.

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Brought to you by: The Porcelain Princess

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