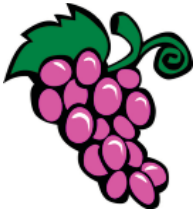


Stall Talk

Your source for healthy events, news, & tidbits

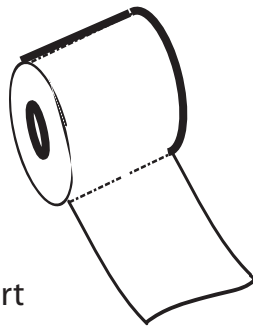
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MISSION OF THE MONTH: MAKE HALF OF THE GRAINS YOU EAT WHOLE GRAINS

Wellness Wipes: 8 foods you should eat each day!

1. Spinach: helps reduce risk of heart disease, stroke, and osteoporosis
2. Yogurt: helps boost the immune system and protect against cancer
3. Tomatoes: decrease risks for some cancers and coronary artery disease
4. Carrots: decrease risk for cancer and limit symptoms of asthma and arthritis
5. Blueberries: provide antioxidants for heart health, memory, and cancer prevention
6. Black beans: boost heart health and brain power
7. Walnuts: boost heart health, and provide muscle building proteins



Did you know...

ORDERING YOUR LATTE WITH SUGAR-FREE SYRUP AND WITHOUT WHIP CAN KNOCK UP TO 37 GRAMS OF SUGAR OFF YOUR DRINK.

LESS THAN 10% OF AMERICANS EAT THE RECOMMENDED SERVINGS OF FRUITS AND VEGETABLES EACH DAY.

THINK ABOUT IT:

PEOPLE WHO FREQUENTLY EAT HIGH-FIBER FOODS (LIKE WHOLE GRAINS, LEGUMES, AND VEGETABLES) HAVE A MORE POSITIVE OUTLOOK ON LIFE AND ARE LESS LIKELY TO HAVE SYMPTOMS OF DEPRESSION THAN PEOPLE WHO EAT LESS FIBER.

Eat This Not That!! (LMU style)

At Jamba Juice:
Choose the: 24 oz
Peach Perfection smoothie
(320 calories, 0.5 g fat, 78 g
carbs)

Instead of the:
24 oz Aloha Pineapple
smoothie (500 calories, 1.5
g fat, 117 grams carbs)

Save: 180 calories,
1 g fat, 39 g carbs!

For more fun nutrition facts check out
Eat This Not That By David Zinczenko

TOILET TALK TRIVIA

WAITING MORE THAN 90 MINUTES AFTER WAKING TO EAT BREAKFAST MAY INCREASE YOUR CHANCE OF OBESITY BY NEARLY ____%?

A. 15 B. 36 C. 50 D. 62

LAST ISSUES ANSWER: C. RESEARCHERS FOUND THAT MIXING LIQUOR WITH DIET DRINKS CAN INTENSIFY THE ALCOHOLIC EFFECT BY 50%!

Fact vs. Flush

1. Every doughnut on Krispy Kreme's menu has at least 3.5 grams of trans fat.
2. A 30 oz Aloha Pineapple smoothie has more sugar than a banana split at Baskin Robbins.
3. A shot of espresso has more caffeine than a cup of brewed coffee.
4. An In-N-Out chocolate shake has as much saturated fat as 6 burgers.
5. Not a single pasta dish on Macaroni Grill's menu has less than 50 grams of fat or 1200 mg sodium.

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

Smart Snacking

1. Don't snack if your not hungry.
2. Go for high-protein not high-carbs.
3. Keep the salt to a minimum.
4. Make sure to stay hydrated so you don't confuse thirst for hunger.
5. Specify a portion size so you don't over indulge.

Try these:

- medium apple with 1 tbsp peanut butter
- Veggies with 1/4 cup hummus
- mozzarella cheese stick and 5 whole wheat crackers
- ½ cup low-fat cottage cheese with 5 strawberries
- steamed edamame

Brought to you by: The Porcelain Princess

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