



# "POTTY TALK"

Brought to you by the Wellness Center

## Eating Well and Staying Well!



With all the things that college students have scheduled into their lives, eating right sometimes gets put off and nutrition suffers. This month's Potty Talk focuses on eating well and staying well. Having a healthy diet can give you more energy, keep you healthy, help you cope with stress, and perform better in the classroom. Eating healthfully is not about perfection, but about making better choices most of the time, enjoying the food you eat.

### Peer Health Educators' Upcoming Events

- **May 6<sup>th</sup> - The Dietician is IN!** – Have your questions answered by Santa Clara University's very own Registered Dietician, Mary Mahoney! She will be in Benson Memorial Center from 11am-1pm, ready to answer your questions! Peer Health Educators will also be available.
- Fun and interactive **Nutrition Presentation** by the PHEs-Date and time TBD
- Look for **Nutrition Awareness Tabling** by the PHEs in Benson!
- **Drop by the Wellness Center (located in Malley)** and pick up information about eating nutritiously and staying healthy!



### The Scoop on H1N1 Flu Virus (Swine Flu)

#### What are the symptoms of H1N1 virus in humans?

The symptoms of the H1N1 virus (Swine Flu) in people are similar to the symptoms of the regular flu, and include fever, lethargy, lack of appetite and coughing, runny nose, sore throat, nausea, vomiting and diarrhea. Please visit the **Cowell Health Center** if you have any flu-like symptoms.

#### How is H1N1/Swine Flu virus spread?

You cannot get it from eating pork. Many cases are spread from human-to-human, through coughing or sneezing of people infected with the influenza virus. People may become infected by touching something with the flu virus on it and then touching their mouth or nose.

#### I got the flu shot this year? Won't that protect me?

No. The H1N1/Swine Flu virus is very different from regular seasonal flu virus and, therefore, the vaccine for human seasonal flu would not provide protection from H1N1 Swine Flu virus.

#### There are everyday actions people can take to stay healthy.

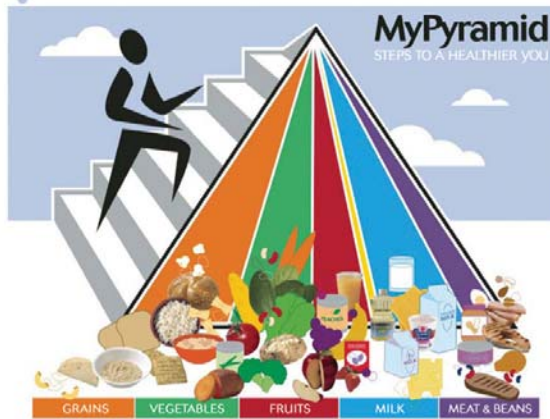
- Get plenty of **rest** (aim for 7-9 hours each night; avoid those all-nighters), **eat well** (see the food pyramid to the left!), **exercise** regularly and in moderation, and drink plenty of **water**.
- Wash your hands often with soap and water for **20 seconds** (sing "Happy Birthday" **twice in your head—or out loud if you want to serenade your friends**), especially after you cough or sneeze, after using the restroom, and before you eat. Alcohol-based hand cleaners are also effective.
- Avoid close contact with sick people.
- If you get sick, **stay home from work and school** and limit contact with others to keep from infecting them.
- Cover your nose and mouth with a **tissue** when you cough or sneeze, and throw the tissue in the trash after you use it.
- Cough or sneeze into the **inside of your elbow**, being careful to cover your nose and mouth completely.
- **Avoid touching** your eyes, nose or mouth. Source: [www.cdc.gov](http://www.cdc.gov)



Visit the **Cowell Health Center's Website at [scu.edu/cshc/](http://scu.edu/cshc/) for updates.**

### The Food Pyramid- Did you know it changed??

Although it's been a few years since the change, a lot of people still don't know that there's a new food pyramid! **MyPyramid.gov** has tips on eating healthfully. The tips below apply to each "slice" of the food pyramid.



**Grains-** Make half your grains whole. Eat at least 3 ounces of whole grain bread, cereal, crackers, rice or pasta every day. Look for "whole" before the grain name on the list of ingredients.

**Vegetables-** Vary your veggies! Eat more dark green veggies, orange veggies, and more dry beans and peas.

**Fruits-** Focus on Fruits! Eat a variety of fruits. Choose fresh, frozen, canned or dried. Go easy on fruit juices, as they can have a lot of sugar.

**Oils-** Know your fats. Make the most of your fat sources from fish, nuts, and vegetable oils. Limit solid fats like butter, stick margarine, shortening, and lard.

**Milk-** Be calcium rich! Go low-fat or fat-free. If you don't or can't consume milk, choose lactose-free products or other calcium sources.

**Meat & Beans-** Go lean on protein! Choose low-fat or lean meat and poultry, and fish (if you're not vegetarian/vegan). Bake it, broil it, or grill it. Vary your choices with beans, peas, nuts, and seeds.

Use these helpful tips when choosing what and how much you should eat. Find more information at [Mypyramid.gov](http://Mypyramid.gov).



### Follow the 80/20 Rule!

Eating a healthful diet is not about perfection!

- The 80/20 rule is designed to help you keep healthy while still being able to enjoy something that isn't so healthy every now and then!
- 80% of the time, stick to a healthy diet, and allow yourself 20% of the time to splurge on what you crave that isn't so healthy for you, whether it's a candy bar, a piece of cake, fried chicken, whatever you crave.
- You run the risk of overdoing it if you don't allow yourself a break every now and then from a healthy diet.

\*\*Adapted from *Nutrition Nibbles*, a monthly newsletter by Mary Mahoney, R.D. See more at the Wellness Center website ([www.scu.edu/wellness](http://www.scu.edu/wellness)) and click on the "Registered Dietician Services" link on the left.

### Eating Vegetarian!

There are a variety of ways that you can eat vegetarian, should you choose to take up this "carbon-footprint-friendly" lifestyle of eating.

**Semi-vegetarians** exclude some but not all foods of animal origin. They may not eat beef for example, but will sometimes eat poultry or seafood.

**Lacto-ovo vegetarians** include milk/milk products and eggs in their diet, but omit meat, fish, and poultry.

**Lactovegetarians** include milk and milk products, but don't eat eggs, meat, poultry, or seafood.

**Vegans** don't eat any animal products.

A vegetarian diet tends to be rich in fiber and low in saturated fat and cholesterol compared to the typical American diet. Health benefits include:

- Lower rates of heart disease
- Lower rates of some types of cancer
- Less likelihood of high blood pressure and coronary artery disease



Even if you don't go all-veggie, you can still choose to reduce the amount of animal protein you eat or how often you eat meat. You can get more info

about eating a vegetarian diet at the Wellness Center or by making an appointment with Mary Mahoney, R.D. at Cowell Health Center (408-554-4501).

\*\*Consult your health-care provider or a Registered Dietician to make sure you're getting all the nutrients you need if you choose to change your eating habits.

\*\*Adapted from "Eating Vegetarian," a brochure produced by ETR Associates.

### Did you know that SCU has a Registered Dietician?

Mary Mahoney, RD is here every Wednesday in Cowell Health Center. Appointments are FREE!

Call Cowell at 408-554-4501 to schedule an appointment!



"Potty Talk" is brought to you by the Wellness Center. For more information on these and other health topics, contact: Alison Bateman, Ph.D., Health Educator 554-4409 or [ABateman@scu.edu](mailto:ABateman@scu.edu)

