



"POTTY TALK"

Brought to you by the Wellness Center

Nourish Yourself Inside & Out!



Drop by the Wellness Center!

(Located in Malley)
Want more information about staying healthy? Come to the Wellness Center to find out more information the topics featured in this month's Potty Talk (and any other Health and Wellness questions you may have!)
M-W, F: 9 am – 5 pm; Th: 9 am – 7 pm

The Dietician Is In

Tues, May 18, 11 am – 1 pm
Have a question you've always wanted to ask about eating healthy? Wonder how nutritious the lunch you just bought is?
Drop by the table in Benson with the **Peer Health Educators** and **Registered Dietician Mary Mahoney** to get all of your questions answered!



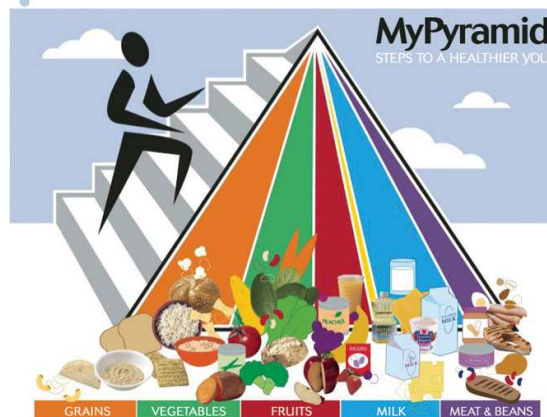
Love Potty Talk and Health and Wellness tips?

Become a fan of the Wellness Center on Facebook and have them delivered straight to your computer!

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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 for eating healthfully. The tips below apply to each "slice" of the food pyramid.



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!



TAKING CARE OF YOUR SKIN: Tanning

Tanning beds don't offer a safe alternative to natural sunlight. Exposure to ultraviolet (UV) radiation damages your skin, whether the exposure comes from **tanning beds** or **natural sunlight**. This damage increases the risk of **skin cancer** and **premature skin aging**. In fact, most tanning beds emit mainly UVA rays — which may increase the risk of melanoma, the deadliest form of skin cancer.

If you want the golden glow of a tan without exposure to damaging UV radiation, consider using a **sunless tanning product**. Avoid tanning beds, and use a **broad-spectrum sunscreen** whenever you're outdoors.

-- Lawrence E. Gibson, M.D. (www.mayoclinic.com)

Avoid mid-day sun. Surfaces, such as water, sand and cement can reflect harmful radiation. Don't think you're ok in the shade!

- Wear sunglasses with **broad-spectrum UVA-UVB** protection.
- Slather up with a sun block **SPF 15 or higher**.
- Apply sun block **30-45 minutes** before sun exposure.
- **Reapply every 2 hours** and after swimming and sweating.
- Don't forget your **lips, ears, neck, hands and feet**, too!



Unprotected sun exposure can lead to premature wrinkles and skin cancer.

- **HYDRATE!** Keep those fluids flowin' (booze doesn't count).
- Avoid sun when it is at its strongest (usually 11 am to 3 pm).
- If you end up with a sunburn, use aloe or skin lotion to soothe the pain and keep your skin hydrated.

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.

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To learn more about the topics discussed here, please contact:

Alison Bateman, Ph.D., Health Educator
ABateman@scu.edu; 408-554-4409

Sarah Maciel, Assistant Health Educator
SMaciel@scu.edu; 408-554-4409

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.

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) and click on the "Registered Dietician Services" link on the left.

Healthy Snack Ideas

- Whole grain cereal with low-fat or non-fat yogurt/milk
- Apple with natural peanut butter and graham crackers
- ½ cup dried fruit and nut mix
- Whole grain crackers with low-fat, part-skim mozzarella cheese stick
- Whole wheat pita with hummus and cucumbers
- Whole grain tortilla with black beans, salsa, avocado
- Veggies with hummus
- Fruit (frozen berries, fresh peaches/nectarines) on top of low-fat plain or vanilla yogurt
- Whole grain granola bar
- Peanut butter and jelly sandwich
- Slice of whole grain toast, glass of non-fat milk, and a piece of fruit
- English muffin topped with an egg and veggies
- Low-fat cottage cheese and fruit
- Low-fat yogurt with a sprinkling of nuts
- Serving of oatmeal made with non-fat or 1% milk, topped with a banana and a sprinkling of nuts

-- Mary Mahoney, R. D.