HEALTHY IU EAST
JUNE 2015

E-Cigarettes: Friend or Foe?
The use of e-cigarettes or vaping is increasing in popularity. The premise is that using these nicotine inhalers will assist the individual in smoking cessation. However, there is no evidence that their use decreases or promotes quitting. In fact, one study done found that those using e-cigarettes were at the same level or higher of nicotine consumption after one year of use.

The e-cigarette has a battery, heating element, and a cartridge to hold the nicotine and other liquids. There is no data available regarding the harmfulness of vapor or chemicals heated by the battery. There is some concern that this process increases the chance of cancer as an FDA pharmacological analysis found cancer causing chemicals in the liquid used. Additionally, vaping and nicotine consumption can lead to heart problems, pneumonia, bronchitis, congestive heart failure, decreased blood pressure, and seizures.

There is no regulation of the nicotine liquid used in e-cigarettes. An FDA study found that the nicotine amount varies with each bottle and with each puff. This nicotine liquid can be absorbed through the skin. Even small amounts absorbed this way can be lethal to children and adults.

Until more evidence is known about vaping, it is recommended that more common smoking cessation methods be used. Use of the Indiana Quit Line is recommended. 1-800-QUIT NOW

Hike/Bike Yourself Healthy with Cope Environmental Center
Cope is challenging our community to spend a whopping 500,000 minutes OUTSIDE hiking, biking, walking, and running! Join the IU East team and enhance your health. Program runs June 1-August 1. Incentive prizes for every 20 hours of movement. For more Information or to sign up, go to

http://www.copeenvironmental.org/programs/hike-yourself-healthy

Don’t forget Yoga Tuesdays at noon in the CHP, HY 001. Free to the IU East community.

The Pantry is in need of the following items:

Laundry Detergent
Fabric Softener
Toilet Tissue
Kleenex
Paper Towels
Bath Wash/Soap
Deodorant
Trash Bags

Plastic/Paper Bags

Pantry Hours
Tuesday 9am-noon
Wednesday 1-3pm
Or by appointment

Stock up on healthy options and ideas at the Farmer’s Market Thursday, June 4, 2015
Whitewater Hall
11am-2pm
Hawaiian Huli Huli Chicken

**Ingredients**
- 12 oz boneless, skinless chicken breast, cut into 1-inch cubes (24 cubes) (about 2 large breasts)
- 1 C fresh pineapple, diced (24 pieces) (or canned pineapple chunks in juice)
- 8 6-inch wooden skewers

**For sauce:**
- 2 Tbsp ketchup
- 2 Tbsp lite soy sauce
- 2 Tbsp honey
- 2 tsp orange juice
- 1 tsp garlic, minced (about 1 clove)
- 1 tsp ginger, minced

**Directions**
- Preheat a broiler or grill on medium-high heat.

- Thread three chicken cubes and three pineapple chunks alternately on each skewer.

- Combine ingredients for sauce and mix well; separate into two bowls and set one aside for later.

- Grill skewers for 3–5 minutes on each side. Brush or spoon sauce (from the bowl that wasn’t set aside) onto chicken and pineapple about every other minute. Discard the sauce when done with this step.

- To prevent chicken from drying out, finish cooking skewers in a 350 °F oven immediately after grilling (to a minimum internal temperature of 165 °F). Using a clean brush or spoon, coat with sauce from the set-aside bowl before serving.

**Recipe from...**
https://healthyeating.nhlbi.nih.gov/

**Calories:** 156  
**Total Fat:** 2g  
**Saturated Fat:** 1 g  
**Cholesterol:** 47mg  
**Sodium:** 320 mg

**Total Fiber:** 0mg  
**Protein:** 18 g  
**Carbohydrates:** 16g

**Prep time:** 10 minutes  
**Cook time:** 30 minutes  
**Yields 4 servings**  
**One serving=2 skewers**