Healthy IU East

**STOP the Pop, Sports, and Energy Drinks**

The average American drinks about 37 gallons of non-diet soft drinks and another 16 gallons of fruit and sports drinks per year. This fascination with energy drinks is on the rise, leading to increasing amounts of their use as well.

Soda pop is America’s biggest source of refined sugar. Drinking one 20 ounce soda daily can contribute enough calories to equal 27 pounds a year. It takes 2 hours of moderate walking to burn off the calories from that one 20 ounce soda.

Sports drinks are a source of extra sugar and calories in our diets. There is a common misconception that sports drinks are needed after any exercise. The reality is that unless the person is vigorously exercising for an extended period of time, there is no advantage to sports drinks over water.

Energy drinks pose their own problems, mainly caffeine. The average energy drink contains between 105-120mg of caffeine per 12 ounce serving. That amount is three times what is found in Coke or Pepsi. Daily consumption of caffeine can lead to mild addiction at a threshold of 100mg per day.

Consuming soda (including diet drinks as they include acid), sports, and energy drinks are having a negative impact on our health. Obesity, tooth decay, diabetes, and heart disease have been linked to these beverages. And while are drinking these items, our bodies are being deprived of the fluids they need...WATER and MILK. WE need water to replace the 2 to 3 liters we lose daily and the calcium from low-fat/fat-free milk to build and maintain strong bones and teeth.

So, STOP the POP, SPORTS, and ENERGY drinks and return to water and milk. Your body will thank you for it!!

**Steps to Miles Conversion Chart**

The following chart is approximate but should give you an idea how to convert the steps on your pedometer to miles walked. Keep in mind the recommendation is to walk at least 10,000 steps a day.

<table>
<thead>
<tr>
<th>Steps</th>
<th>Miles</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>600 steps</td>
<td>1/4 mile</td>
<td>Info from the Virginia</td>
</tr>
<tr>
<td>1200 steps</td>
<td>1/2 mile</td>
<td>Department of Education</td>
</tr>
<tr>
<td>1800 steps</td>
<td>3/4 mile</td>
<td></td>
</tr>
<tr>
<td>2400 steps</td>
<td>1 mile</td>
<td></td>
</tr>
<tr>
<td>3000 steps</td>
<td>1 1/4 miles</td>
<td></td>
</tr>
<tr>
<td>3600 steps</td>
<td>1 1/2 miles</td>
<td></td>
</tr>
<tr>
<td>4200 steps</td>
<td>1 3/4 miles</td>
<td></td>
</tr>
<tr>
<td>4800 steps</td>
<td>2 miles</td>
<td></td>
</tr>
</tbody>
</table>

**Why Water?**

Water has many important jobs. It is the main ingredient in all body fluids. These fluids carry nutrients to where they are needed and assist in elimination of waste. Water lubricates your joints, helps the intestines work effectively, and prevents constipation. Our bodies sweat water to cool us.

On a regular day, your body loses 2 to 3 liters of water. If you are exercising and sweating hard, you can lose even more water. This is why we need to replace the water! In general, you are encouraged to drink 6-8 cups of water daily. Another good rule of thumb is to drink when you are thirsty. Your body is telling you that it needs additional fluids.

**Make sure that you warm up and stretch your muscles for 5 minutes before and after workouts to make your muscles more flexible. It is easier to get hurt if your muscles are not stretched.**

**Making Better Choices at Fast Food Restaurants**

We all eat out from time to time, so it is important that we make the best choices we can. Small changes assist us on cutting down on calories, salt, fat, and sugar. Try going light on mayo, sour cream, and salad dressings. Have these items placed on the side and use sparingly. Baked, broiled, or grilled chicken or fish are always good entrée alternatives. If eating a sandwich, be sure to add tomato, lettuce, and other veggies. Swap fries and onion rings for a baked potato or side salad. Opt for thin crust pizza with veggies and avoid the meats and extra cheese. Avoid value options and go for the regular size portions instead. Consider splitting your meal with another person or having half of it boxed when served to take with you for another meal. Eating out can be fun and nutritious!
Tips for a Healthy Lunch Box
Packing a healthy lunch is a great way to get the nutrients you need. Eliminating convenience and pre-packaged foods is one way to get rid of excess sugar, sodium, and calories. Consider the following:

- Include one serving of vegetables, one serving of fruit and one serving of a low-fat or fat-free milk or dairy item such as yogurt or cheese.
- Swap white bread for whole wheat varieties.
- Try whole wheat pita or flatbread for sandwiches.
- Use lean turkey or chicken breast as opposed to bologna and similar lunch meat.

Bike/Hike Yourself Healthy
Cope Environmental Center’s Bike/Hike Yourself Healthy program continues. The IU East team has surpassed its goal of 10,000 steps and is now in 3rd place. It is not too late to join the fun! You can sign up to participate on the Cope website which is www.copeenvironmental.org

The Pantry
The Center for Health Promotion is housing a pantry to assist those in the campus community who may need assistance with food and basic need items. The CHP is in need of non-perishable food, items as well as health/and beauty items to stock The Pantry before the beginning of fall semester. Please consider making a donation. Donated items can be brought to the CHP office (Hayes 004) from 9am-5pm, Monday through Friday.

Specific items needed include:
- Canned fruits and vegetables
- Canned meat
- Boxed dinners
- Juice
- Toilet paper
- Paper towels
- Laundry soap and cleaning supplies
- Shampoo
- Deodorant
- Body Wash
- Toothpaste
- Hand soap

Southwest Salad
4 servings  Serving size is 1/2 beef mixture and 1/2 cup lettuce/cheese mixture
Calories: 485  Total Fat: 22 gm  Cholesterol 98mg  Sodium 411mg

1/2 cup onions, chopped
1 lb lean ground beef
1 T. chili powder
2 tsp. ground cumin
1 cup canned red kidney beans, drained
1 can (15oz) chickpeas (garbanzo beans), drained
1 medium tomato, diced
2 cups lettuce
1/2 cup cheddar cheese

Cook ground beef and onions in a large skillet until the beef mixture no longer remains pink. Drain.
Stir chili powder and cumin into beef mixture; cook for one minute
Add beans, chickpeas, and tomatoes. Mix gently to combine.
Combine lettuce and cheddar cheese in large serving bowl. Portion lettuce and cheese onto plates. Add 1/2 cup beef mixture on top of lettuce and cheese.

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Apple Coffee Cake
20 servings  Serving size: 3 1/2 inch by 2 1/2 inch piece
Calories: 196  Total Fat: 8gm  Sodium: 67mg  Carbohydrates: 31gm

5 cups tart apples, cored, peeled, and chopped
1 cup sugar
1 cup dark raisins
1/2 cup pecans, chopped
1/4 cup vegetable oil
2 tsp. vanilla
1 egg, beaten
2 1/2 cups all-purpose flour, sifted
1 1/2 tsp. baking soda
2 tsp. ground cinnamon

Preheat oven 350 degrees F
Lightly oil a 13 by 9 by 2 inch pan
In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well.
Let stand for 30 minutes
Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon; stir into apple mixture about 1/3 at a time, just enough to moisten dry ingredients.
Turn batter into pan.
Bake 35-40 minutes. Cool cake slightly before serving.

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Vegetables with a Touch of Lemon
6 servings  Serving size: 1/2 cup  Calories: 22
Total fat: 2gm  Sodium 7mg  Protein: 1gm  Carbohydrates: 2gm

1/2 small head of cauliflower, cut into florets
2 cups broccoli, cut into florets
2 T. lemon juice
1 T. olive oil
1 clove garlic, minced
2 tsp. fresh parsley, chopped

Steam broccoli and cauliflower until tender (about 10 minutes). In a small saucepan, mix the lemon juice, oil, and garlic and cook over low heat for 2-3 minutes. Put the vegetables in the serving dish. Pour the lemon sauce over the vegetables and garnish with parsley.

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