



Manchester University

Toilet Talk



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An Apple A Day...

You've heard the saying before. "An apple a day keeps the doctor away." What's so great about apples? What is the great nutritional value of an apple? Apples are naturally fat, sodium and cholesterol free. They also are chockfull of fiber and antioxidants (which is contained mostly in the peel!). These antioxidants help reduce damage to cells in your body which can help prevent some diseases that are triggered by damage to the cells.

This month is the perfect time to start adding more apples (or any fruit) to your diet. September is National Fruit and Vegetable – More Matters Month and the purpose of this month is to encourage individuals to fill half their plate with fruits (like apples!) and vegetables. Fruits and vegetables are quick and easy, budget friendly, nutrient packed, and simply delicious!

For more information, please go to <http://www.fruitsandveggiesmorematters.org/10-reasons-why-eating-more-fruits-veggies-matters>

"Today me will live in the moment unless it's unpleasant, in which case me will eat a cookie."

- Cookie Monster

Tips for a Healthy Fall!

- ✓ Cut down the candy and start eating in season vegetables (like broccoli, green beans, cauliflower, pumpkins, and potatoes!)
- ✓ Get your flu shot.
- ✓ Hydrate with tons of water throughout the day as well as eating yogurt to steer clear of the common cold.
- ✓ Spend time outside to increase your vitamin D levels and get your exercise by going for a walk, run, or by raking your leaves.
- ✓ Watch your food intake and don't eat like a couch potato.
- ✓ Stay on top of your assignments and use good study techniques to remain stress-free.

For more information, visit <http://health.usnews.com>

Breakfast ~~Club~~ Month

September is Breakfast Month! The purpose of this month is to encourage individuals to eat a healthier, more beneficial breakfast. Breakfast tells your body to get your motor running for the day and is also a crucial meal that tends to get skipped during a busy schedule. Studies have shown that eating a healthy breakfast is linked to higher test scores, better classroom behavior, higher grades, and overall increased performance. Eating a healthy breakfast can also help improve concentration and memory, which comes in handy during college classes! It is not enough to just eat something for breakfast; you have to eat the right something for breakfast. Healthy and sustainable options for breakfast include meals high in protein such as oatmeal, scrambled eggs and omelets, fruit, whole grain cereals, multigrain pancakes or waffles, and yogurt. Get egg-sited in the mornings and don't forget the most important meal of the day!

For more information, go to <http://sciencemadefun.net/blog/all-american-breakfast-month>

Did you know?!

One trillion germs can live in one gram of poop (and that's the weight of a paperclip!). So, don't forget to wash your hands after you use the restroom!

Brought to you by Wellness Services! ☺

Questions? Comments? Please contact us at HealthServices@manchester.edu