

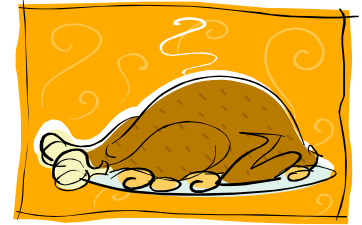


Stay Well, Manchester College!!

Issue 18



Toilet Talk



It's the Holiday Season. Don't Make Your Belt Size Pay for It.

Up and Coming Events

- Nov. 16- Great American Smoke-Out
- Nov. 22-Nov. 24 Thanksgiving break

Remember!! Add 25 TGIF points if you successfully stop smoking

Gary's November Energy Conservation Tip

- Switch off lights in rooms or classrooms when not in use.
- Dripping faucets waste water and energy. Make sure to turn faucets all the way off when finished.

The holiday season is a great time and with it comes great things like a break from classes, time with family, and Grandma's famous mashed potatoes. But as you sit down to the dinner table, think twice before you take that second serving.

Portion control problems are one of the leading causes of obesity and there are easy ways to remember how many dinner rolls should go on your plate.

A good diet consists of a variety of whole grains, fruits, vegetables, proteins, and fats. When choosing food, think of the plate as being in four sections. Two of the sections should be filled with vegetables like dark leafy romaine lettuce, spinach, broccoli, and green beans. One fourth of the plate should be a

whole grain like brown rice, a whole-grain slice of bread, or whole-grain pasta. The last fourth of the plate is reserved for protein, such as chicken, pork, or fish. Red meats should be limited to eating only once or twice a week. To the side of your plate, add a small piece of fruit like an apple, orange, or a cup of berries, pineapple, or fruit juice.



If you do have a craving for a sweet, limit it to one cookie, a half cup of ice cream or one piece of chocolate.

Individual serving sizes are easy to remember too.

For instance, a baseball is equal to the appropriate size of a fruit serving like an apple or orange.



A cup of vegetables or two cups of leafy greens, equivalent to your hand, is the correct serving size of a vegetable.



A deck of cards is a portion of meat like a chicken breast, pork chop, or filet of fish.



Finally, the correct portion of whole-grains is equivalent to a cup, or a light bulb. This includes starches like potatoes and corn.



Also, remember to stay active. Take a walk outside or play a game of football with the family.

Hey Smokey...It's Time to Kick The Butt!

November is Lung Cancer awareness month and with good reason too. Approximately 440,000 of Americans die each year from diseases related to smoking. But the good news is, upon quitting, the body begins to repair itself. Although the death rate for smokers from heart disease is two-times higher than for non-smokers, within 2-3 weeks of not smoking, circulation will improve and lung function will increase by 30%. Smoking also is the cause of 30% of all cancers, including lung, mouth, esophagus, and cervix, but within 5 years of not smoking, the lung cancer death rate will decrease from 137 per 100,000 for smokers to 12 per 100,000 for non-smokers.

The Bacchus and Gamma Peer Education Network