

ANSWERS TO QUIZ

1. **False!** A person will gain weight only if they eat more energy (calories) than they burn through physical activities over the course of several days.
2. **False!** Though most of the gum won't be digested or absorbed, it will just pass on through.
3. **False!** Skipping meals makes you hungry. When you finally do eat again, you'll likely overeat. Studies show that people who eat breakfast and 4-5 meals and snacks throughout the day lose weight more easily and maintain it.
4. **False!** No foods can burn fat. If you are trying to lose weight, however, be sure to eat plenty of low-calorie, high-fiber fruits and vegetables.
5. **False!** Whole grains, fruits, vegetables, beans, and low-fat dairy products contain carbs, but are low in fat and calories and rich in essential nutrients. If you need to cut back on calories, cut back on the extraneous carbs in soda, alcohol, desserts, pastries, candy, and other sweets.
6. **False!** Caffeine-spiked drinks have only a mild diuretic effect. The little amount of extra fluid that your body would eliminate is greatly offset by the amount of fluid that you'd gain from the drink.
7. **False!** Pork is pink. Anatomically, a pig is more like a cow than a chicken. No matter what color you assign to an animal, keep in mind that the fat content is determined by the cut of meat. For instance, dark chicken meat can contain just as much fat as a piece of beef! Tenderloin and loin are the leanest cuts of pork.
8. **False!** Approximately 25% of bottled water in the U.S. is right from the tap! It is true, however, that bottled waters are free of contaminants like lead and microorganisms.
9. **False!** If this were true, it would mean that everyone with a craving for a steak is suffering from a serious shortage of iron, zinc, and protein. More than likely, a person is craving the pleasure and relaxation from certain foods.
10. **False!** There isn't any evidence to support that claim. When kids become excited by sugary foods, it's probably due to the circumstances (birthday parties, Halloween) rather than the food (cake and ice cream, candy). Also, if sugary foods are "forbidden," the act of finally eating these foods can be exciting for children.



THE HUNGRY GRIZZLY

News From University Dining Services
The University of Montana

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The Whole Truth

Marya Bruning, RD, LN

Ever wonder about some of the nutrition stories you've heard all your life, such as sugar making kids hyper? Take the following quiz and find out which of the common food tales are true and which are false.

TRUE OR FALSE?

1. Eating after 8 p.m. causes weight gain.
2. If you swallow your gum, it will stay in your stomach for 7 years.
3. Skipping meals is a good way to lose weight.
4. Certain foods, like cabbage, celery, and grapefruit, can burn fat and make you lose weight.
5. Carbohydrates are fattening and should be avoided if you're trying to lose weight.
6. Caffeinated beverages are dehydrating.
7. Pork is the other white meat.
8. Bottled water is pure and unprocessed.
9. Cravings are your body's way of telling you that it needs something.
10. Sugar makes kids hyper.



BODY FAIR

April 13 & 14
11 am to 1 pm
UC Atrium

Take a painless test to check your bone density, enjoy freshly squeezed juice, get a nutrition check-up, and pick up some good information about health, fitness, and feeling good about your body. Questions? Call Marya at 243-2315.



The Hungry Grizzly is published by University Dining Services

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PLEASE
RECYCLE!

Eat Well, Live Well

As your campus dietitian, consider me your personal nutrition cheerleader. I'm here to help you perform at your peak and feel your best. So, take this chance to get a taste of nutrition. Here are four main ideas and some practical tips to consider. Take one small action right now to protect your health and feel good!

Be adventurous and expand your horizons.

Though we value our heritage of hunting and ranching here in Montana, we shouldn't forget about food influences from around the world. Variety really is the spice of life, and eating a variety of foods improves your odds of good health. So challenge yourself to eat one new food each week. Explore farmers markets, specialty food shops, ethnic restaurants, and cookbooks. Even familiar restaurants and grocery stores offer foods you've never tried. So, start eating!

Treat your taste buds.

All foods fit into a healthy lifestyle, even treats! Moderation doesn't make the headlines, but it really does work. Take stock of your habits and decide how much and how often you're going to eat desserts, snack foods, soda pop, mochas, etc. If you need to cut back, start where you are and make one small change. This could be as simple as cutting back from a 16 oz. 2% mocha to a 12 oz. skim mocha. Whatever you decide to do, slow down and savor each bite and sip!

Balance food choices with your lifestyle.

Round out your meals and snacks to acquire the right balance of nutrients for your body. Each meal and snack is a chance to nourish yourself, so include whole grains, fruits, vegetables, lean proteins, low-fat dairy foods, heart-healthy fats, herbs, and spices. When you add the right amount of physical activities and exercise to the balance, you're setting yourself up for success.

Be active.

Activity means movement. Just as there are different healthful eating styles, there are different ways to move your body. You may decide that everyday physical activity is your style, or that you prefer to work out in the gym, exercise outdoors, or train for specific athletic events. Whatever the case, you need to move! If this is a daunting task for you, enlist the help of your friends or talk to a fitness specialist at Campus Recreation at 243-2833.

TIP OF THE MONTH: Separating Fact from Fiction

As the quiz on the front page demonstrated, it's not always easy to decide if nutrition and health information is true or false. Here are some questions to ask yourself before you take nutrition advice to heart. If you answer yes to any of these questions, be wary and get more information.

1. Does the recommendation promise a quick fix?
2. Does the claim sound too good to be true?
3. Is there a list of "good" and "bad" foods?
4. Is someone making a recommendation to help sell a product?
5. Are the recommendations refuted by a reputable scientific organization?
6. Is there a dire warning of danger about a single product or regimen?

If you're still unsure of what to believe when it comes to your health, call a specialist. Doctors, physician assistants, nurse practitioners, dentists, dietitians, pharmacists, and physical therapists are professionals who stay up-to-date on the latest research and recommendations.

Everybody! Every body!!



***FREE Seminar
Saturday, April 23
9am to 1pm***

Learn about sound nutrition, exercise, the media's affect on your body image, and practical steps you can take to build a healthier body. This free seminar will be led by an exercise specialist, dietitian and psychologist. Sign up by calling 243-4711.

If you struggle with food, exercise, body image, and balance in your life, you're not alone. These campus resources are designed for students like you. Call for more information.

Exercise Sonja at 243-2833
Mental Health CAPS at 243-4711
Nutrition Marya at 243-2315

Let's Talk

