

## Build a Positive Body Image

It's a new year, so why not think about yourself in a new, healthy way? Here are ten ideas to consider:

1. Appreciate all that your body can do.
2. Keep a top-10 list of things you like about yourself — things that aren't related to how much you weigh or what you look like — and read it often.
3. Remind yourself that “true beauty” is not simply skin-deep. Beauty is a state of mind, not a state of your body.
4. Look at yourself as a whole person.
5. Surround yourself with positive people.
6. Shut down those voices in your head that tell you your body is not “right” or that you are a “bad” person.
7. Wear clothes that are comfortable and that make you feel good about your body.
8. Become a critical viewer of social and media messages.
9. Do something nice for yourself — something that lets your body know you appreciate it.
10. Use the time and energy that you might have spent worrying about food, calories, and your weight to do something to help others.

For more information about building a better body image for yourself, call Counseling and Psychological Services at 243-4711.

## Spring Nutrition Events

### February

- 3 Seven Weeks to Weight Management\* begins, 6 pm. See page 1 for details.
- 16 To Carb or Not to Carb? Lecture at BiSip, 5:30-6:30 pm
- 22-25 Body Image Fair in UC Atrium, 11 am-1 pm
- 23 Vegetarian Focus Group, 6:00 pm. Meet at north entrance to Food Zoo for dinner and discussion.

Free of charge and no registration required unless marked by (\*). Call 243-2315 for more information.



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PLEASE  
RECYCLE!



# THE HUNGRY GRIZZLY

News From University Dining Services  
The University of Montana

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## Food of the Gods

What food is smooth, dark, disease-fighting, symbolic of the Greek goddess Aphrodite, and of tropical origin? Chocolate! Just in time for Valentine's Day, here's a small primer on the history and health benefits of chocolate.

### Montezuma's Sweet Revenge

Mexico's people began cultivating chocolate thousands of years ago, and consequently influenced its history greatly. Chocolate's reputation as an aphrodisiac and its spread throughout Europe can be traced to Montezuma and Spanish conqueror Hernando Cortez. Chocolate purportedly gained its status as an aphrodisiac when Spaniards observed how Montezuma drank 50 golden chalices of a bitter chocolate drink every day to prepare himself for visits to his harem. Montezuma is said to have given Cortez a gift of cocoa beans in the 1500s, which Cortez carried back to Spain. As cocoa beans spread their way

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Are you looking for a sensible way to lose weight? Unsure of what to eat or how to exercise? Our dietitian has teamed up with a psychologist and personal trainer to offer the ultimate weight management plan. Join us for 7 Thursday evening group sessions, from February 3 through March 17, 6-7:30 pm. We'll cover: Smarter ways to eat and exercise, emotional eating, setting goals, and changing habits. Call 243-2833 for more information. Stop by Campus Rec to sign up and pay the \$15.00 registration fee.



through Europe over the next couple of centuries, Europeans sweetened and refined the process of making chocolate. By the 1700s, chocolate finally reached North America.

## Tid ✦ Bits

*Theobroma* (“food of the gods”) *cacao*: Botanical name for the tropical cocoa bean.



Xocolatl: Bitter water. Aztec word from which the English word “chocolate” was derived.

## Chocolate and Your Health

Like other plant foods, chocolate contains potent phytochemicals that ward off some chronic diseases. Flavonoids in chocolate act as antioxidants and protect the cardiovascular system. As with other plant foods, color matters. The darker the chocolate, the better for your health. White chocolate, which is not really chocolate at all, does not contain the beneficial flavonoids.

Many myths abound about chocolate’s properties. Contrary to popular belief, chocolate is not addictive, though it definitely draws people in with its flavor and texture. It does contain very small amounts of caffeine—about the same as decaf coffee. Chocolatey foods often tend to be high in fat, sugar, and calories, so enjoy your sweets in moderation. To see how chocolate treats stack up against one another, see the chocolate comparisons below.

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## Chocolate Comparisons

200 calories of chocolate treats =

- 8 milk chocolate Hershey’s Kisses
  - 12 oz. mocha made with skim milk
  - 10 oz. hot chocolate from mix
  - 10 oz. low-fat chocolate milk
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# Bear Bones

In recognition of Eating Disorders Awareness Week (February 27 - March 5), we asked 4 UM students about their knowledge of eating disorders.

**Question:** Of the reported cases of anorexia nervosa and bulimia, what percentage are reported by men?

**Answer:** “I know it’s lower than women. I’m going to say 7%.”

**Reply:** Very close! Morgan is correct—women are more likely to develop an eating disorder than men. Men account for 10% of all reported cases of eating disorders.



*Morgan Stier*



*Karissa Drye*

**Question:** Curry Health Center recently surveyed 1,400 students about their health habits. How many men and women reported vomiting and using laxatives within the last 30 days to lose weight?

**Answer:** “Ooh. I’m not good with numbers. 1000? 600?”

**Reply:** Thankfully, the number was much less—30 women and 3 men reported this behavior in the survey. Though that may not seem like much, it’s still a big problem.

**Question:** Name 3 serious health consequences of self-induced vomiting.

**Answer:** “Your teeth will fall out, you’d look terrible, and you wouldn’t get any nutrition out of your food.”

**Reply:** Correct! In more medical terms, you might call these problems tooth decay, swollen salivary glands, and malnutrition. Other problems include a ruptured stomach, torn/bleeding/inflamed esophagus, dehydration, electrolyte imbalances and heart irregularities.



*Brandon Medders*



*Bryan Collette*

**Question:** Name 3 places on campus to seek help with eating disorders.

**Answer:** “Curry Health, a mentor or R.A., and a family resource like your family doctor or a family friend.”

**Reply:** Yes, these people would be good resources. On campus, you could also seek professional help at CAPS (243-4711) and our dietitian (243-2315).

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