

Syracuse University

SURFACE

Syracuse University Honors Program Capstone Projects Syracuse University Honors Program Capstone Projects

Spring 5-1-2011

What the Health Magazine Redesign

Sarah Glaser

Follow this and additional works at: https://surface.syr.edu/honors_capstone



Part of the [Book and Paper Commons](#), [Graphic Design Commons](#), [Industrial and Product Design Commons](#), and the [Interdisciplinary Arts and Media Commons](#)

Recommended Citation

Glaser, Sarah, "What the Health Magazine Redesign" (2011). *Syracuse University Honors Program Capstone Projects*. 225.

https://surface.syr.edu/honors_capstone/225






This Honors Capstone Project is brought to you for free and open access by the Syracuse University Honors Program Capstone Projects at SURFACE. It has been accepted for inclusion in Syracuse University Honors Program Capstone Projects by an authorized administrator of SURFACE. For more information, please contact surface@syr.edu.

What the Health

SPRING 2010



Counting it Up
Numbers that make you think twice

Calories Calorias		27%	540
Protein Proteínas		50%	25g
Fat Grasa		45%	29g
Carbs Carbohidratos		15%	45g
Sodium Sodio		43%	1040mg



Front of Book

Editor's Letter	4
Fit Facts	5
Human Health	
Check This Out	
Cheese	6
Teas	12
Book Review	7
Born to Run	
Myth vs. Fact	8
Acne	
Eco-Friendly	9
Green Groceries	
Feel Great	10
Medicine, Swiss Balls	
How To	13
Eat Local	



Get Well

Gyno for Guys	16
Erratic Eating	18
What's Up Doc?	19
Food Faux Pas	20
Waxers Beware	22
Necessary Nutrients	23

Eat Smart

Color your Meal	24
Wine 101	26
Healthy Happy Hour	30

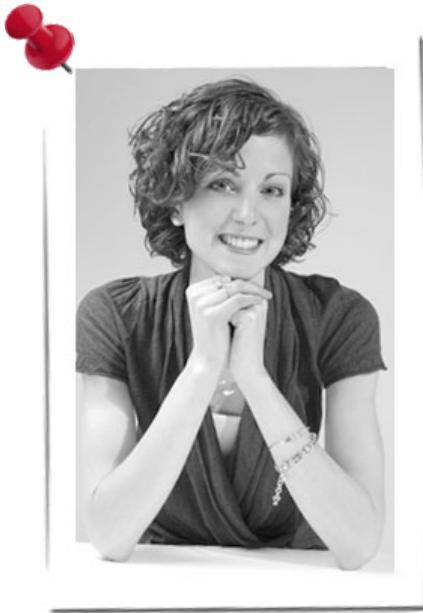


42 Calorie Counting Legislation

Do you know the calorie count of that Big Mac? A New York City law requires restaurants to post eye-opening nutrition facts on their menus — the state of New York may be next.

LETTER FROM THE EDITOR

SARAH DIGIULIO



Three hours later, your professor finishes droning on the economy of China. With 50 minutes until your best friend's comedy show, your stomach screams, "time for dinner." Options: a Syra-Juice chicken wrap, a slice of Varsity's pepperoni pie, a Starbucks venti caramel macchiato, or the salad bar in Schine food court. Weary eyes crave a caffeine fix, a waft of gooey cheese tempts your nose, knowing swimsuit season lingers just around the corner sparks a low-cal alarm bell and another rumble screams, "decide."

Relax — one meal won't spoil your health. The following 56 pages delve beyond fat and calories to explore how your good health is about more than picking leafy greens over pizza in the midst of a hectic day. We found the best ways to eat eco-friendly in Syracuse (page 11). We set the record straight on

which vitamins you really need (page 16). We found the hottest new workouts you'll be excited to hit the gym for. And we tackled stress: Learn how to make it work for you, instead of getting buried (page 50).

More than 90 percent of college students consider themselves in "good," "very good" or "excellent," health according to the American College Health Association's most recent survey of more than 80,000 American college students. But, only 8 percent of students reported eating five or more servings of fruits and vegetables each day, and 15 percent reported having suicidal thoughts.

These stats beg us to consider the meaning of good health. The American health care system faces crisis and the obesity rate continues to climb bringing diabetes and heart disease risk rates with it. Our health knowledge needs to cover more than low-cal foods and knowing how often to frequent Archbold Gymnasium.

We packed this issue with nutrition, fitness and wellness info to empower you with the smarts to keep healthy today, this year and in 25 years when you're back on campus.

About to leave town after a weekend of 25-year-reunion festivities, a familiar rumble hints to grab lunch before you hit the road and you know your choices. Relax — satisfy your craving — you're in good health.

Sarah DiGiulio

SARAH DIGIULIO
Editor-in-Chief

What the Health

EDITOR-IN-CHIEF

Sarah DiGiulio

MANAGING EDITOR

Ashlee Davis

ART DIRECTOR

Sarah Glaser

PHOTOGRAPHY EDITOR

Samantha Colt

SENIOR EDITORS

Sarah Jane Capper, Kathleen Corlett, Mary Georger, Leah Goldman, Cassie Kreitner

ASSISTANT EDITORS

Yelena Galstyan, Kara Landsman, Rebecca Toback

COPY EDITORS

Amanda Balch, Kathleen Corlett, Brittney Davies, Alexandra Gwynn, Kathleen Kim, Kate Morin, Valentina Palladino, Dana Smith, Ashley Wandishin, Allison Werner

WRITERS

Danielle Alvarez, Michelle Bernard, Sarah Bicky, Katie Binstock, Sarah Jane Capper, Flavia Colangelo, Ashley Collman, Kathleen Corlett, Brittney Davies, Christina Decker, Gabrielle Denson, Hannah Doolin, Danielle Emig, Yelena Galstyan, Mary Georger, Ashley Jonson, Nina Keehan, Cassie Kreitner, HJ Kwon, Sabrina Lochner, Katie MacDevette, Nicole McDermott, Erika Mahoney, Silvia Milanova, Kate Morin, Allison O'Brien, Valentina Palladino, Jackie Poinier, Meredith Popolo, Brianna Quaglia, Naomi Ratner, Heather Rinder, Cindy Rivera, Jessica Scicchitano, Dana Smith, Melissa Tinklepaugh, Rebecca Toback, Joanna Weinstein

FACT CHECKERS

Nina Keehan, Heather Rinder, Jordan Clifford, Hannah Doolin, Sarah Jane Capper, Rebecca Toback, Kathleen Corlett

ONLINE EDITOR

Dina Spector

PR DIRECTOR

Claire McFarland

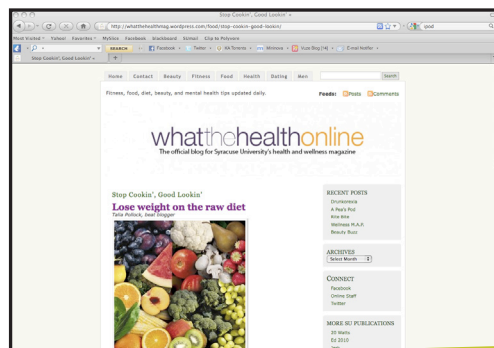
PHOTOGRAPHERS

Rae Ann Bochanyin, Danielle Carrick, Samantha Colt, Blair Dudik, Mary Georger, Harriet Groppe, Stephanie Gushlaw, Angela Laurello, Jackie Poinier, Casey Rosen, Treeva Royes, Ann Sullivan, Emmy Vest

DESIGNERS & GRAPHIC ARTISTS

Cristina Alan, Yumiko Hirao, Angela Laurello, Lucy Mao, Heather McGinnis, Julissa Montalvo, Emmy Vest, Allie Werner

Check out *What the Health on the Web!*



VISIT: www.whatthehealthmag.wordpress.com



Over the past century, human life expectancy in the U.S. has increased by 28 years



Smoking is responsible for 90 percent of lung cancer deaths for men and 80 percent for women



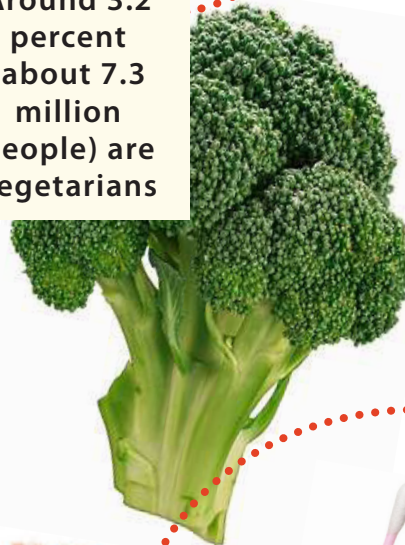
30 percent of all the calories Americans consume come from junk food

FIT FACTS HUMAN HEALTH

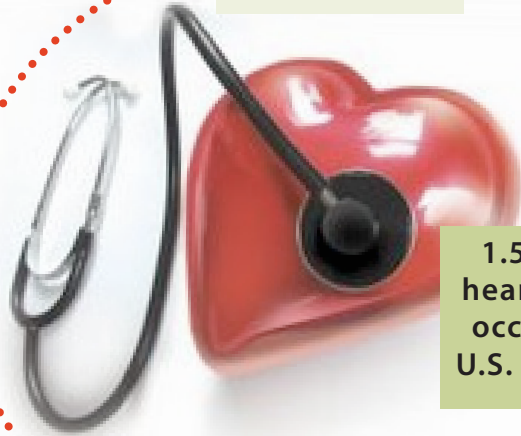
An average adult stomach can hold around 1 liter of food



Around 3.2 percent (about 7.3 million people) are vegetarians



1.5 million heart attacks occur in the U.S. each year



Cleaning out your ears with Q-tips could result in hearing loss



1 in every 2 women and 1 in 8 men over the age of 50 will have an osteoporosis-related fracture in their lifetime

A human has between 100,000 and 150,000 hairs on his or her head



A human has 2 million hairs in each ear



Say Cheese

WTH taste-tested and reviewed a variety of cheeses all available at the local Wegmans. Grab some friends, crackers, a bottle of wine, and enjoy!



Danish Fontina Cheese



\$9.99

This semi-hard, yet creamy Danish Fontina cheese is great on crackers or in your favorite sandwich. The taste is distinct, yet pleasantly mild. This very creamy and delicious cheese goes well with Riesling, Barbera, or Granache wine.

95 calories
8 g fat per serving

Prima Donna Aged Dutch Cheese



\$14.99

Looking for a mature cheese with a distinct spicy and nutty flavor? Prima Donna is right for you. This Dutch cheese is an authentic domestic recipe and surely pleases the senses. Match it up with soup, a sandwich, or have it on crackers with Merlot.

137 calories
11 g fat per serving

Black Diamond Platinum Reserve Cheddar Cheese



\$12.99

This robust cheddar cheese goes above and beyond regular ol' cheddar. Pick from Grand Reserve (aged two years) or Platinum Reserve (aged four years) and let your taste buds experience the sharp and tangy flavor. Goes well with a glass of pinot noir.

120 calories
10 g fat per serving

Wegmans Mild Milky Brie (Fromager D'Affinois)



\$16.99

This brie is one of the mildest and milkiest brie out there — the epitome of Wegmans quality. Made in France, this brie spreads like butter and is a delicious ingredient in many finger foods. Goes with Wegmans mild brie and Chablis.

100 calories
8 g fat per serving

Wegmans Sharp Cheddar Cheese Spread with Almonds



\$16.99

This creamy, spreadable cheddar cheese with sprinkled almonds will surely give you the biggest bang for your buck. Considered a spread, this cheese tastes perfect with crackers. The nuts add a twist to the familiar taste of cheddar. **wth**

90 calories
6 g fat per serving

Born to Run

A Hidden Tribe, Super Athletes and the Greatest Race the World Has Never Seen

In *Born to Run*, Christopher McDougall writes a love letter to running interwoven with the fascinating history of a little-known people. McDougall tells his story to defy the notion that running is a type of punishment or a source of dread. Instead, he claims running is one key to health and happiness.

McDougall's book focuses on meeting the Tarahumara, a tribe of people who live along the Cooper Canyons in the Mexican state of Chihuahua. Tribe members are known for their near-superhuman ability to run hundreds of miles over unforgiving, rocky terrain while experiencing little or no injury or fatigue, McDougall writes. At a time when it's easy to associate running with high-tech shoes and corporate-sponsored races, McDougall admires the simple passion that drives the Tarahumara to run. He also respects the tribe's ability to run, not for victory or pride, but for joy and fellowship.

The structure of the story bounces between topics – from a brief history of running to legendary races of the past. But McDougall keeps the book cohesive. The tangents complement the main narrative rather than distract from it.

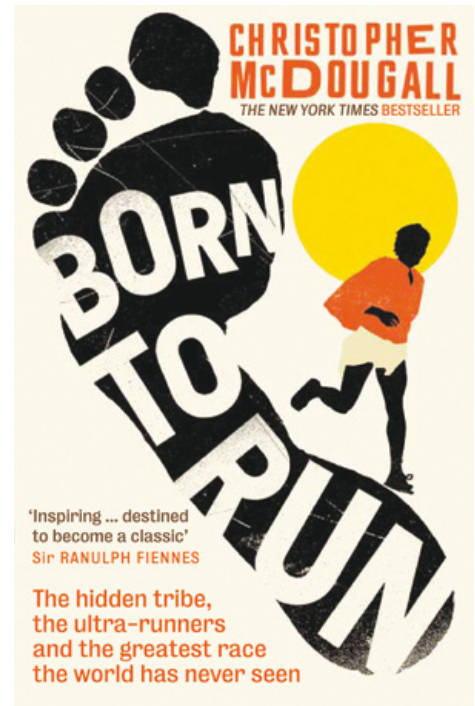
Although not the most exciting

portion of the book, McDougall does an adequate job explaining the Tarahumara's running style. He details the diet (pinole, chia seeds, grain alcohol) and running techniques (correct posture, light heels, a clear mind) of the tribe. This part of the book is informative for readers who think that simply a change in diet and technique can turn an average runner into a world-class champion. Even if you aren't interested in proper diet or running technique, the overall pace of the novel will keep you turning pages.

While the story falls under the nonfiction category, the author did not witness all of the events in the book. McDougall plays up the drama at the expense of complete accuracy.

The Tarahumara Indians are the book's main topic, but McDougall also discusses his own story. McDougall had many injuries during his years as a runner. As he immersed himself in the culture and lifestyle of the Tarahumara, he went on a journey of self-discovery. Learning about the runners of the tribe revealed flaws in his own running style.

Starting the book makes you want to finish it. Finishing the book makes you want to start running.



“[The Tarahumara] are known for their near-superhuman ability to run hundreds of miles over unforgiving, rocky terrain while experiencing little or no injury or fatigue.”



KEEP MOVING: EXPERT TIPS TO KEEP YOUR PACE ON THE PAVEMENT / *By Danielle Emig*

Maintaining motivation during a monotonous run is tough. That's why it's important to keep it interesting. Tim Neal, assistant director of athletics for sports medicine at Syracuse University, suggests that novice runners try running with experienced runners when they start – the more experienced runner knows how to set a good pace and can help the new runner understand the “feel” of distance running. Once new runners find a comfortable distance they can check out these WTH tips to stay alert stride after stride:

ADD VARIATIONS TO YOUR ROUTE

Look for routes with hills, Neal says. One of the best ways to make your run more interesting is to add variations. Try varying your speed. Adding sprints to the end of the run pumps up metabolism, Neal says. When running on a treadmill, avoid repetitive motion to decrease the risk of injury. You can do this by varying speed and elevation in intervals.

TAKE OFF YOUR SHOES

Modern running shoes tend to encourage bad form and disrupt natural stride, according to *Born To Run* by Christopher McDougall. The solution? Running barefoot. Brian Fidelman, the “Roving Runner” blogger for the New York Times, tested out running barefoot and found that his form changed. Runnersworld.com offers a step-by-step plan to learn how to run barefoot.

DANCE TO THE BEAT

Music can get your feet moving and encourage you to keep going. Taylor Damele, international relations major and avid runner, suggests frequently changing workout playlists. “It has to be something you can dance to, anything that is fast and makes you want to move.” Fitness magazine offers a variety of playlists.

RUN TO LUNCH

Running to a destination keeps up motivation, Neal says. Mapmyrun.com allows you to plot out different routes and distances. You can pick a variety of destinations to create running routes.



Acne

What the Health sets the record straight on zapping your zits

Washing your face as much as possible can help prevent acne

Washing your face too frequently can make your skin more prone to developing acne. Dirt and surface skin oils do not cause acne, according to the American Academy of Dermatology Web site. Rather, zits form when your body produces too much oil and dead skin cells, which build up in your skin's hair follicles. Changes in hormone levels often trigger this. Washing your face too often and over-scrubbing can actually dry out and irritate your skin. The end result is redness and an increased acne problem. The American Academy of Dermatology recommends gently washing your face twice a day with mild soap, patting it dry, and using an appropriate acne treatment recommended by your dermatologist. Depending on the type and severity of the acne, this could be a topical cream, gel, lotion, benzoyl peroxide, or antibiotics.

“Washing your face too often and over-scrubbing can actually dry out and irritate your skin.”

Popping pimples makes them go away

Picking or popping your pimples can actually cause redness, pain, scars, and infections, because it pushes infected materials into the skin. Pimple popping may seem like a quick fix to your current acne problems, but it's one of the worst things you can do, according to dermatologist Dr. Robert Friedman. Lasting scars or redness are more likely to appear if you pop. Dr. Friedman recommends talking to a dermatologist or doctor to treat the problem. They can provide medication that can help reduce acne.

Eating fried food causes acne

There is no scientific evidence that food causes acne problems. That means that the chocolate bar you ate last night is not responsible for the pimple you noticed today. Dermatologist Dr. Barbara L. Lukash says scientists have done numerous studies on the skin's reaction to food and have found no correlation between fried food or chocolate and acne. If you're treating your acne properly, there's no need to worry about food affecting it.

wti



Green Groceries

Eco-friendly picks worthy of your canvas shopping bag

You carpoled to Wegmans. You brought reusable bags. But don't stop the "green behavior" when your cart starts rolling down the aisle. Environmental damage caused by industrial farming bears a \$34.7 billion price tag each year, according to a University of Essex study. So pick groceries and foods grown right. Here's WTH's eco-friendly shopping list staples:



Eggs:

Choose organic from small local farms. According to the Humane Society of the United States, the chickens that produce organic and "cage-free" eggs are not confined to cages – making the process more humane. "One thing that makes industrialized food eco-unfriendly is that it travels a long distance," says Dianna Winslow, a board member of Community Supported Agriculture of Central New York. Try Eggland's Best Organic Brown Eggs from Wegmans, or local eggs from Meadow Creek Farm at the Syracuse Real Food Co-op.

Milk:

Choose organic milk products that don't have pesticides and hormones. "Added hormones from food modulate the activity of the hormones already active in our bodies," says Dr. Sudha Raj, assistant professor in the Department of Nutrition and Dietetics at Syracuse University. The cows producing organic milk aren't exposed to hormones or other chemicals, so they produce healthier meat and dairy products, Winslow says. Try Organic Valley, which is organic from grass-fed cows, or Byrne Dairy, which is made locally and hormone-free.

Tuna:

Look for yellow fin tuna from the Atlantic, or albacore tuna from U.S. or Canadian fisheries. Much tuna comes from foreign waters where over-fishing and catching methods threaten tuna populations, as well as other animal species, according to the Environmental Defense Fund. These areas have higher fish populations and the fishing gear doesn't harm other animals. Next time you're at the grocery store, ask the worker at the seafood counter where the fish you are buying comes from, and opt for domestic varieties.

Coffee:

Try beans with the "Fair Trade" certification, which assures farmers are paid enough to use sustainable growing practices, according to TransFair USA, a nonprofit organization that helped certify the Fair Trade label. Sustainable farming meets the needs of the present, without preventing future generations from meeting their own needs, according to the EPA. Starbucks supports eco-friendly practices through their program Starbucks Shared Planet. And, all Dunkin' Donuts espresso products are also Fair Trade certified.

IS ORGANIC ALWAYS ECO-FRIENDLY?

Although organic might sound like the sure "green" choice, some experts say responsible farming practices may be just as earth-friendly. "What makes food harmful to the environment is the excessive use of toxic chemicals—natural and synthetic," says Joe Regenstein, Cornell University professor of food science. The overuse of these toxins can enter the soil and leak into water systems, he says.

But, good agricultural practices, like preventing erosion by using the correct amount of fertilizer to limit runoff, largely determine the eco-friendliness of food, whether the farm is organic or not. "Often large, non-organic farms do a better job because they know what they

are doing," he says.

Even if non-organic food needs to be transported, the eco-footprint isn't always bigger than organic food. The environmental abuse depends on the vehicle used for transportation, Regenstein says. "It's not food miles, it's how you move it—it is the energy you spend to move the product." For example, transporting bananas from Ecuador to New York by plane leaves a huge carbon footprint. But if you were to transport coffee by ship, the carbon footprint would be significantly less. **wth**

Intensify Your Moves

With medicine and Swiss balls at most local gyms, there's no excuse for an easy workout



Squat & Throw:

Squat while facing a wall. Throw the medicine ball upward so that it touches the wall. Catch the ball when it is even with your chest.

Decker says this movement works the legs and arms. The

medicine ball works as a weight. When the ball is thrown then caught, it is like lifting weights with added emphasis on the leg muscles.



Push-ups:

Place your stomach on the Swiss ball and roll out so you're in a push-up position, with the ball now resting under your thighs.

Tighten your core and keep arms straight. Lower your upper body toward the floor, bending your elbows at a 90-degree angle. Hold

Walking into a gym filled with equipment, including bikes, treadmills, weights, the medicine ball, and the Swiss ball can intimidate any amateur gym-goer. But pick up that medicine and Swiss ball to add just the right amount of resistance and strength training to any routine.

The Swiss ball, also known as the stability ball, assists in strengthening the core area and also knocks you off balance, says Eliza Decker, assistant director of

this position for three seconds. Push your upper body back up so your elbows are straight but not locked.

This exercise puts emphasis on your core area as you keep it tight and push yourself back up.

facilities, wellness and aquatics at Syracuse University Recreation Services. When you're thrown off balance, your core tightens up and it feels as if you are doing an abdominal workout.

Old-fashioned crunches on the floor place a strain on the neck, whereas sitting on the Swiss ball engages more muscles. With the Swiss ball, you experience more range of motion and the core tightens to keep you from falling off.

Holding the medicine ball during various exercises gives your body more resistance, says Darnell Cox, personal trainer and general manager of iPower, a fitness and weight loss club in Illinois. She says the resistance puts more emphasis on the muscles and creates a balance between the muscle fibers.

For some examples of exercises to do with the medicine and Swiss balls, take a look at WTH's favorite moves:

“Old-fashioned crunches on the floor place a strain on the neck, whereas sitting on the Swiss ball engages more muscles.”



Single Leg V-Up:

Start by lying back onto the floor or bench with feet flat on the floor so that the knees are bent. Hold a medicine ball behind your head with both hands so that elbows are at a 90-degree angle.

Look straight up at the ceiling. Contract the abs and raise the upper body off the floor or bench. Bring the medicine ball overhead and simultaneously extend

the right or left leg straight up into the air. While in the air, touch the medicine ball to your ankle. The ending position will resemble a “V.”

This move works the abs and legs as the upper body and right or left leg are simultaneously being lifted into the air. The medicine ball adds resistance as you lift your upper body.



Dips on the Bench:

Position your hands so they are behind you and placed shoulder-width apart on a secured bench or surface. Move your feet out as far out in front of you as possible.

Place the Swiss ball under your legs so that your calves are resting on the ball. Straighten out the arms but keep the elbows a little bent. Slowly lower the upper body down

towards the floor and keep elbows tucked into your sides. Once the bottom of the movement is reached, slowly press off with your hands and push yourself back up to the starting position.

Using the Swiss ball puts more resistance into the arms since your legs do not support your weight.



In Hot Water

What the Health boils down the facts on your favorite teas



White Tea



Rooibos Tea



Green Tea



Black Tea

Taste	Clean and pleasant	Mild but rich. No bitterness	Fresh, grassy and sweet	Earthy and smoky
Healthy Bonuses	White tea undergoes the least amount of processing, and contains the most antioxidants	The only herbal tea that contains antioxidants	Research points to green tea possesses anti-bacterial and immune-boosting properties.	Black tea helps lower total cholesterol levels, and helps raise your HDL, or good cholesterol levels
Caffeine Level	15 mg for 8 ounces	None	20 mg for 8 ounces	45 mg for 8 ounces
Ideal Brewing Temp	80 degrees Celcius	100 degrees Celcius	80 degrees Celcius	90 degrees Celcius

The ring of a bell fastened to the door with ribbon welcomes visitors to the Roji Tea Lounge in downtown Syracuse. Inside, exposed brick walls showcase student art, and a low murmur rises from visitors while trip-hop music plays in the background. Students study and hang out with friends. "People come here to relax and have real conversations as opposed to a loud, bar atmosphere," says Tomomi Yoshida, co-owner of the tea lounge on East Washington Street.

Relaxation is one of the many benefits tea provides. Tea is the world's most popular beverage, second to water, says Sari Greaves, registered dietician and American Dietetic Association spokeswoman. The most popularly consumed teas include black, white, green, and oolong. Herbal tea, such as rooibos or "red" tea, quickly follows on its heels.

Black, white, and green teas come from the *camellia sinensis* or "tea" plant, unlike herbal teas. The processing of the leaf determines the appearance and flavor of each tea. *Camellia sinensis* contains phytonutrients, plant compounds known to have health benefits. These specific compounds may reduce the risk of stomach, throat, and skin cancer, and may also offer protection against stroke and heart disease, Greaves says. All teas have the same phytochemicals, but varied amounts of the different types of phytochemicals are found in different flavors of tea, says Long Wang, Ph.D., assistant professor in the department of nutrition science and dietetics at Syracuse University.

Studies about tea keeping you healthy appear promising. Research about how much tea to consume is incomplete, but tea can be a healthy addition to almost

anyone's diet, Greaves says. If you are looking to reap the most benefit, aim for about four cups a day, Greaves says. Bottled teas are available, but make sure to watch the label for added sugar. Look for a short ingredient list so you know you're getting pure tea, Greaves says. Vegetarians should proceed with caution when adding more tea to their diets. Tea can sometimes inhibit iron absorption from non-animal sources. Incorporating extra vitamin C with iron-rich food into your diet will counteract this problem, Greaves says.

You can also get creative with your consumption and use tea leaves as a flavor rub for meats or to make homemade sorbet. "A tea party is just what your diet needs," Greaves says. What the Health looked up the facts so you can get the perfect cup. Happy sipping.



How To: Eat Fresh

5 ways to savor the local flavor and go green

After you know where to shop, be sure to check out our guide to finding the most eco-friendly foods on the shelf in "Green Groceries" on page 9.



Buying local gives money back to regional farmers and manufacturers, and can reduce your carbon footprint. The number of farmers' markets in the United States has more than doubled since 1994, according to the U.S. Department of Agriculture. With more and more co-ops and local farm stands popping up, eating locally should be easier than ever, but green eaters need to know where to look. WTH tells you the best spots in Syracuse to find local staples.

1) Look for local food on campus

Eating local can begin right on campus. Syracuse University Food Services works with food supplier Syracuse Banana Company Inc. to buy local produce when it is in season. Campus convenient stores and dining centers carry local brands, such as Crowley yogurt, which is produced in upstate New York and made with milk from local dairies, says Ruth Sullivan, nutritionist for SU Food Services and committee member for SU and State University of New York College of Environmental Science and Forestry's farmers' market. Other local foods found on campus include Beak & Skiff apple cider, Byrne Dairy milk and ice cream, Hofmann hot dogs, Hinerwadel's salt potatoes, and New York cheese curd.



2) Visit local farms

Pick your own apples at a local orchard, such as Beak & Skiff in nearby Lafayette, or visit a farm for fresh produce. Grindstone Farm in Pulaski takes orders for its organic produce, offering pickup at the farm or delivery in the Syracuse area. For those willing to drive a little farther, the nearby Finger Lakes region has many produce farms, distilleries, and wineries to visit. Plan an itinerary at www.fingerlakeswinecountry.com. Visit www.nyfb.org to start your hunt for local farms.

3) Buy from farmers

Nine farmers' markets operate in Onondaga County on weekdays from early summer to mid fall. The Central New York Regional Market, a half-mile away from the Carousel Center, stays open year round on weekends. "Customers can meet farmers, form relationships and put a face to their food," Eggert says. A 20-minute bus ride from campus will take students seeking homegrown and locally produced foods to the Downtown Syracuse Farmers' Market at South Salina and Washington streets. The Syracuse Eastside Neighborhood Farmers' Market at Loguen Park operates about a mile from campus. The New York Farmers Market Web site, www.nyfarmersmarket.com, provides schedules and locations for markets.

4. Order out

Community Supported Agriculture of Central New York brings seasonal local produce to members and cash to local farmers. Students can purchase a share to receive weekly baskets of in-season organic food from Grindstone Farm. The quantities of produce vary based on growing conditions and which crops are failing or succeeding. CSA-CNY offers summer shares from mid-June through October, starting at \$450 for a full share and \$300 for a working share, which requires 20 hours of farm work. Or, students can pay \$175 for a late summer share, which runs from mid-September through October, according to CSA-CNY's Web site. Two or three roommates typically split the cost, says Chellsea Jones, CSA working shareholder coordinator. Farmers deliver food baskets to designated locations where members pick up their food. Student members can pick up their food at spots close to campus, such as the Syracuse Real Food Co-op. The CSA sign-up form is available at csacny.org.

GREEN DEFINED


First, it's important to understand what eating local actually means. The Syracuse Real Food Co-op breaks up what most people just call "local food" into three categories: regional, local, and homegrown:

REGIONAL: Regional food comes from New York, adjacent states, or bordering areas of Canada.

LOCAL: Local food can be produced and manufactured in New York, but is not necessarily grown here. Organic Valley, for example, picks up milk from local farms, bottles it at Byrne Dairy in downtown Syracuse, and drives it to a warehouse in New Hampshire from where orders are shipped. Then, it is then shipped back to Syracuse the Syracuse Real Food Co-op, says Travis Hance, general manager of the Co-op.

HOMEGROWN: Homegrown food is just as it sounds – grown, processed, and manufactured in the state. Buying homegrown foods means the farmers deliver directly to the co-op without middlemen. It also travels less, so it has the smallest carbon footprint, Hance says. "Homegrown foods have more nutrients and flavor because they are picked at the peak of their freshness," says Diane Eggert, executive director of the Farmers' Market Federation of New York.

5) Shop at local food stores

The Syracuse Real Food Co-op on Kensington Road, about 1.5 miles from campus, stocks as much locally grown food as possible, Hance says. Students can find out where their food is grown or how it is produced by having a conversation with those who run the co-op, Hance says. The co-op carries local, organic, and bulk food, and signs accompany produce in the store, which tells customers the origin of the food. Customers can purchase a \$100 membership, which includes a 10 percent discount once a month, eligibility to run for the board of directors, and the ability to vote for the board directors. The co-op can arrange farm tours for interested customers, and the store staff is knowledgeable about local food production, says Amanda Gormley, merchant marketing manager and member owner services coordinator of the Co-op. 

Gyno for Guys?

WTH explores why male STD testing goes under the radar

According to the Centers for Disease Control and Prevention, about 19 million people in the United States contract sexually transmitted diseases each year — about half of them are between the ages of 15 and 24. Women are encouraged and expected to visit the gynecologist annually for the well-being of their sexual health, but what about their male counterparts?

A 2002 survey on STDs found that only 48 percent of men reported receiving sexual and reproductive health services in that past year, and more than one-third of the sexually active men hadn't used a condom the last time they had sex.

"I doubt getting tested every year is common," says David Krebs, a political science major at Syracuse University. "Guys don't worry about it as much as girls do."

Krebs is right. This year, a study by the University of Rochester Medical Center found that young adult males infrequently receive preventive care, including sexual and reproductive health visits. Male 20-somethings had nearly half the preventive care visits compared with older adults, and less than one-fourth the rate of preventive care visits than did women in their 20s.

As professor of SU's human sexuality course for 25 years, Joseph Fanelli Ph.D. was not surprised by these findings. In many European countries, men are considered to be accountable for the prevention of STDs, and women are accountable for pregnancy prevention, he says. "This shared responsibility of health is an important notion," Fanelli says. Men think they've held up their part of the bargain when they use the best STD-preventing tool available: condoms. They don't realize getting tested regularly falls in the other part of the deal.

For many men, Fanelli says, the lack of concern most likely stems from the fact that they are not at as high a risk for most STDs as are women. There's no incentive to seek professional care — using a condom does not require a doctor's visit. And, there's no obvious professional to go see because a specialist doesn't exist. Plus, most insurance policies don't cover sexual health visits. "Usually guys seek professional care to treat problems, not to prevent them," Fanelli says. "The most we can depend on guys to do is to respond to a problem 'down there,'" Fanelli says.

John Jones,* a recent Syracuse alum and first-year medical student, didn't let the unfamiliarity stop him. "I went in to health services and told them I would like to be tested... then they asked for what," he says. While Jones was knowledgeable enough about what to ask for, given his interest in medicine, many other males aren't as informed.

Planned Parenthood advises that women should have a pelvic exam and Pap smear by the age of 21 or within three years of

having their first intercourse. Men get no such advice. Guidelines for guys are not as readily available.

Men and women should be tested for gonorrhea, chlamydia, and active genital herpes, which are the most commonly sexually transmitted diseases, according to the American Social Health Association. These can be detected with a visual exam and small calgon swab of the urethra at most doctor's offices. This kind of testing is the cheapest, although very uncomfortable, and one must request each particular STD-test by name.

A \$40 blood test will be able to determine whether or not one has syphilis, HPV, or HIV. SU Health Services offers free HIV testing once per year for both men and women.

Jones has only been tested once, but he admits, "I should have been tested more than that." In a randomized survey of 30 male SU students, those who had been tested for any STD (about half) had similar responses.

Healthy People 2010, a U.S. government-led health promotion and disease prevention initiative, hoped to increase male involvement in reproductive health programs. But, they still lack a clear message for men or their health care providers about the types of services men should receive or how often they should receive them. Even statements like the acronym for prevention by public health officials are vague: "ABC," abstinence, be faithful, and use a condom. What lacks in this plan is that none of the suggestions include counseling or advice about these topics, nor about testing and treatment.

Men might literally need to take the matter into their own hands.

*Name has been changed.

"Usually guys seek professional care to treat problems, not to prevent them."

Cancer Check!

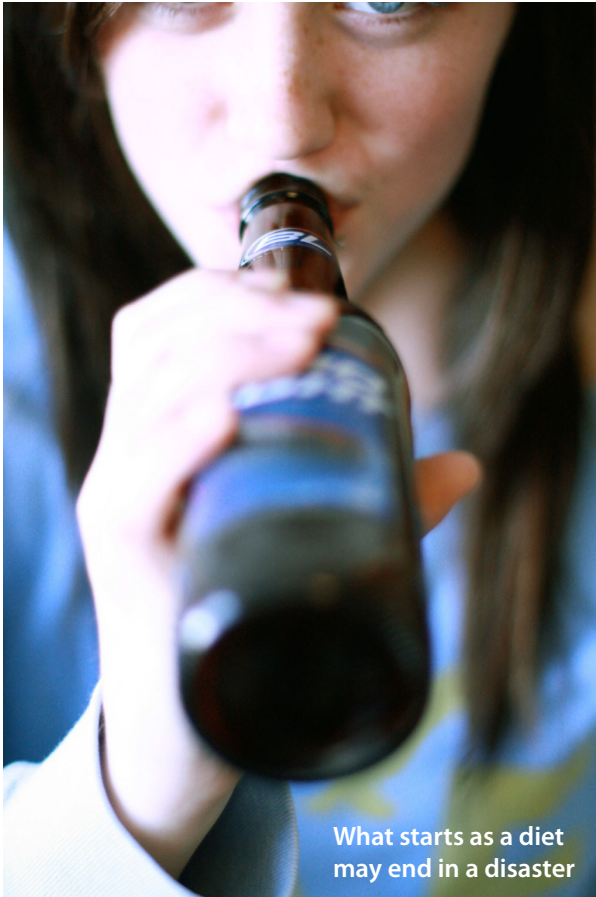
Peter Iannotta, a physician assistant at the Associated Urologists of Central New York, also suggests men perform regular testicular cancer self-exams, like this step-by-step guide provided by UrologyChannel.com.

1 During or after your shower, examine the penis and each testicle gently.

2 If you find an abnormal lump, rash, or any discoloration, make an appointment to see your primary care physician immediately.

3 Roll the testicle between thumbs and fingers. One may feel larger than the other. There will also be a cord-like structure at the top and back. This is normal. [wth](#)





Erratic Eating

Four disordered diets

Three eating disorders have been medically diagnosed: anorexia nervosa, bulimia nervosa, and binge eating disorder. But, if eating patterns don't fall into one of these areas, that doesn't mean it should necessarily be considered "normal eating." Instead, Karen Fernandez-Cosgrove, a staff therapist at the SU Counseling Center, describes the difference between "normal eating" and "disordered eating" as a continuum: normal eating at one end of the spectrum, dieting somewhere in the middle, disordered eating, and then the by-the-book eating disorder. These five variations of disordered eating may not come to mind when you first think of an eating disorder, but nevertheless fall along the spectrum of unhealthy eating, according to the experts.

DRUNKOREXIA

Also referred to as "alcorexia" or "drinkorexia," drunkorexia takes disordered eating and adds alcohol into the equation. Aware of the "freshman 15," college students may try restricting calories to compensate for alcohol, Thomas explains. What starts off as cutting back on calories to save for a few drinks can escalate to a diagnosable disorder like anorexia, in which a person may go an entire day without food before binge drinking.

CHEW & SPIT

It's just as the name sounds: Take a bite, chew and chew and chew (like you would a piece of gum), and then — before the swallow — spit. "People want to experience the taste of the food, the sensation of the food, and all of the qualities of the food, but they don't want to consume the food," says nutrition professor Donna Acox, who teaches weight management and disordered eating. "It's a technique to 'have your cake and eat it, too,' without the calories." This practice can be a symptom paired with bulimia, Thomas adds.

NIGHT EATING SYNDROME

Different than a late-night Oreo snack break, this disorder is categorized as consuming large amounts of calories in the evening after dinner, according to Anorexia Nervosa and Related Eating Disorders, Inc. (ANRED). These individuals can be picture-perfect eaters throughout the day, but can consume more than half of their calorie intake in the hours between dinner and breakfast.

DIABULIMIA

Some people with insulin-dependent, type 1 diabetes avoid taking insulin to prevent the weight gain that can occur. Without insulin in the body, the carbohydrates from the food go into the bloodstream and — instead of being absorbed — are excreted in the urine. The body, seeking energy, breaks down other fuel stores from muscle and fat tissue, leading to a serious condition called ketoacidosis, Acox says. The mortality rate for diabulimics is high.

ORTHOREXIA

The disorder Orthorexia Nervosa was first coined by Steven Bratman, M.D., author of *Health Food Junkies*, to describe what he saw in his patients: a form of anorexia stemming from an obsession to eat healthy. This disorder may start with a concern to eat correctly by creating good-food/bad-food lists, according to Bratman's Web site. People adhering to this compulsively healthy diet typically want to limit fats and carbohydrates first. Extreme diets cut these out to the point of malnutrition. [wtn](#)

What's Up Doc?

6 important topics to discuss with your doctor

Getting Tested

Ask your doctor about getting tested for STDs, including HIV. Many people think that they can't get HIV, but the truth is the disease can infect anyone, says Diane Rothermel, director of Disease Control for the Onondaga Department of Health. Testing is important even in a monogamous relationship, she says. The Centers for Disease Control and Prevention offer both free testing and treatment while maintaining patient confidentiality. Planned Parenthood also offers testing.

Even if you aren't having sexual intercourse, there is still a chance for STD transfer through acts like oral sex, Rothermel says.

Sex

Students should feel comfortable talking about their sexual health. Rothermel assures that doctors have heard it all before and will keep your information private. "It's very important that you let them know if you're sexually active and what your concerns are," Rothermel says. She recommends college females visit their gynecologist at least once a year even if they are not sexually active. Female patients are often more open about their sexual health than male. Men should still see their doctors annually to inquire about safe sex and STDs, D'Souza says.

Doctors are more than willing to talk about ways to prevent pregnancy and any other sexual concerns, D'Souza says.

Seasonal Affective Disorder

Living in the Northeast poses a unique set of health concerns. The lack of sunshine in winter may provoke a type of depression known as seasonal affective disorder. This disorder interferes with daily life and makes people lethargic and fatigued, says the Mayo Clinic Website.

Students who come to SU from sunny areas may be more inclined to get this disorder, D'Souza says. She recommends talking to your doctor about how you feel when you are at school. Lamps with special light bulbs can help combat the disorder.

Alcohol

Binge drinking is a concern that D'Souza wishes more patients would talk about. "I always wish that they would ask me about how to deal with risky behaviors or situations," he says.

Talking about drinking habits could prove beneficial when doctors are trying to assign treatments for other ailments. Some antibiotics, when taken with alcohol, can have negative effects. For example, mixing Advil with alcohol increases one's chances of stomach bleeding and liver damage, the University of Rochester's Website says.

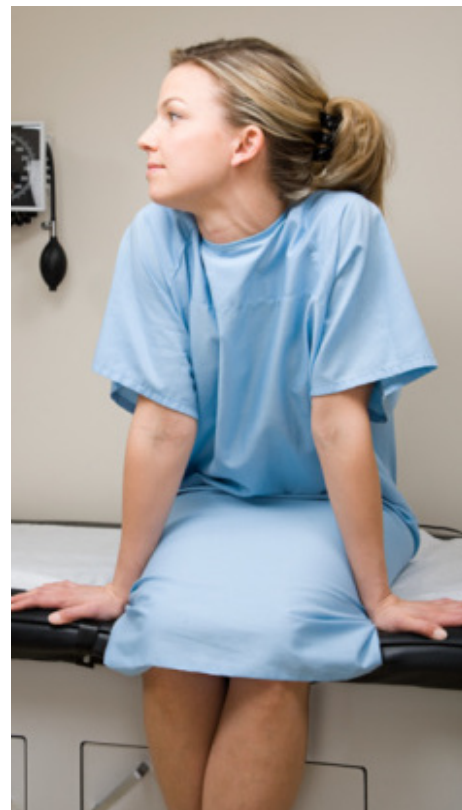
New Medications and Supplements

Not all drugs mix well together, so talk to your doctor before taking new medicine, says Donna Bryson, registered nurse for Campus Health at the University of Arizona. Some medicines, like short-term antibiotics, diuretics, and anticonvulsants, can decrease the effectiveness of birth control pills, says Cornell's Gannett Health Services Web site. Patients should also inquire about body building supplements like creatine, D'Souza says.

Vaccines

Rothermel recommends females get the HPV vaccine to prevent cervical cancer and genital warts. Even if you are already sexually active, the vaccine is still worthwhile, she says.

Students should also consider the meningitis and hepatitis vaccines, D'Souza says. According to the Syracuse University Health Services Web site, Syracuse University does not require students to get the meningitis vaccine. SU only mandates a response form from students to indicate whether or not they have been vaccinated upon reading material about meningitis. [wth](#)



"Some medicines, like short-term antibiotics, diuretics, and anticonvulsants, can decrease the effectiveness of birth control pills."



Avoiding Food Faux Pas

5 precautions every student should
take before entering the kitchen

A meal plan, late-night Kimmel runs, and a stash of Easy Mac may get students through the semester. But for many students, the barrage of unhealthy food drives them to start experimenting in the kitchen during their college years. Here's some food for thought. The Centers of Disease Control and Prevention (CDC) estimate there are 76 million cases of food-borne illnesses in the U.S. alone. Although most of these cases are nothing a bottle of Pepto Bismol can't cure, about 325,000 of these instances lead to hospitalization and another 5,000 lead to death. Still interested in donning that chef's hat? Then take into account these recommendations from WTH:

WASH HANDS BEFORE HANDLING FOOD

“Anytime you cook, you should start with clean hands, which means hands that are washed properly with soap and warm water to prevent bacteria and illness to spread to your food,” says Faiola. Faiola has created multiple devices for the food industry, including his most recent invention — a nailbrush, licensed in 2004 — which encourages proper hand washing techniques in commercial kitchens.

**WASH UTENSILS AND SURFACES AFTER CONTACT WITH RAW MEAT AND POULTRY**

Cross-contamination is one of the biggest mistakes students make when they first start cooking, says Norman Faiola, associate dean of the college of human ecology and professor of food safety. For example, if you cut raw chicken on a cutting board, cook it, and then place it back on that cutting board, you would cross-contaminate the product.

You can also cross-contaminate by wiping multiple surfaces with the same cloth or sponge. When you wipe off a knife or cutting board with a towel, a significant amount of the bacteria from those kitchen tools and the food product are on that towel and whatever surface it comes in contact with, says Faiola.

The CDC recommends using disposable paper towels for all kitchen clean-up needs in order to reduce the chances of cross-contamination. You can still use a cloth towel, however, just remember to toss it into the hot cycle of your washing machine to kill germs after use. For sponges, simply “cook” them in the microwave for 30 seconds to clean.

THOROUGHLY COOK RAW MEAT, POULTRY, AND FISH

Understanding when a product is fully cooked is crucial, especially when it comes to meats, Faiola says. He warns that the color of your food won’t determine whether it’s properly cooked or not; it’s always about the temperature. “When a piece of chicken goes from pink to opaque, that’s not an indication of doneness. You have to use a thermometer whether it’s chicken or a burger,” Faiola says.

According to the Food and Drug Administration (FDA), you should cook ground beef to at least 160 degrees Fahrenheit while roasts and steaks only need to

have an internal temperature of 145 degrees Fahrenheit. Poultry should be cooked to 165 degrees Fahrenheit as should all leftovers. Cold foods are just as temperature-sensitive as hot foods and should be kept at 41 degrees or below, says Faiola.


NEVER LEAVE PERISHABLE FOOD OUT OF THE REFRIGERATOR OR THE FREEZER FOR OVER 2 HOURS

An easy way to remember this is through the 2-40-140 rule, which means that you shouldn’t eat food that has been kept for more than two hours between 40 and 140 degrees Fahrenheit, according to the FDA. This guideline is something that Syracuse University dining halls take seriously. “We check food temperatures every hour, including all the storage areas like freezers and fridges,” says Ashlee-Rose Schuler, a student supervisor at Brockway dining hall.

DON’T THAW FOOD ON THE KITCHEN COUNTER

As tempting as it may be to plop that piece of chicken on the counter to defrost it, the best way to defrost meat is in the refrigerator at 41 degrees Fahrenheit or below, says Faiola. This is the safest way to defrost meat as long as the juices from the product don’t drip into anything else in the refrigerator.

Commercially, many businesses choose to defrost their meat products under running water. This method, however, requires a lot of control and isn’t recommended by Faiola.

Whether cooking for hundreds of students at a dining hall or simply preparing a meal for yourself, keeping these tips in mind will help reduce your chances of acquiring a food-borne illness and ensure a positive first culinary experience. 



Waxers Beware

Safety measures to take before shaping those brows

“Waxes used for facial waxing should ideally be kept at about 10 degrees warmer than your skin.”

She had the perfect dress, the matching shoes, and the date — Mary Georger’s first prom was looking like it would be the perfect night —until the morning of prom hit. “I woke up with huge brown scabs on my right eyebrow,” Georger says, after her hair stylist waxed her eyebrows with wax that was too hot. With concealer, she toned down the color and enjoyed her night, but Georger still remembers the stress this experience caused.

If this problem seems all too familiar, rest assured you’re not alone. Sensitive skin, medications, and overly hot waxes can often cause a beauty blunder.

To avoid experiences like Georger’s, make sure your wax is set to the proper temperature. Waxes used for facial waxing should ideally be kept at about 10 degrees warmer than your skin, says dermatologist Debra Sposa from the North Jersey Dermatologist group. The wax should be tested on the back of the waxer’s hand before being applied to the face to assure it’s at the proper temperature. People with sensitive skin should have the wax temperature set a few degrees lower to lessen the risks of a serious burn, Sposa says.

Waxes used in salons are typically honey wax and cream wax. Honey waxes are the most common and tend to yield the best results. Cream waxes are typically used on people with fair skin, says Mary Barbano, aesthetician at Garbo’s Salon. “You should be aware of what type of wax is being used and make

the aesthetician aware of any allergies that you have, specifically to honey waxes, which occasionally causes allergic reactions,” Barbano says.

It’s important to take extra precautions when taking antibiotics and topically prescribed facial medications, Sposa says. “Getting waxed while on these medications tends to remove extra layers of your good skin cells, which then leads to inflammation, redness, and severe abrasions to the waxed areas,” Sposa says.

Retail management major Sarah Staller took several topical facial medications that made her skin extra sensitive. Staller experienced severe discomfort and burns after her skin was ripped off when she got waxed while on her medication.

Sposa adamantly recommends stopping medications four to five days prior to waxing and telling the aesthetician the medications you are taking. Waxing while on Accutane, an acne treatment, can cause serious abrasions to the skin, she says

If a burn or abrasion does occur after waxing, it is important to treat it properly to avoid prolonged or serious discomfort, Sposa Says. Barbano recommends using an aloe plant or pure aloe to soothe a burn instead of bottled aloe because the bottled aloe contains water and alcohol, which will burn the skin even worse.

Sposa recommends using hydrocortisone creams like Cloderm for the face and Lydex for the body to that kills bacteria while decreasing redness and inflammation from burns. These can be purchased with a prescription at any pharmacy. She recommends applying ice for several minutes then one of these lotions.

At-home waxing treatments may seem like an easy alternative for convenience and cost, but if the directions are not properly followed they can be extremely dangerous, Sposa says. Since the wax in these at-home treatments is typically heated up in the microwave, it is difficult to reach the appropriate temperature. The wax tends to get extremely hot and burn the skin, Barbano says.

When looking for a suitable salon for waxing, Sposa recommends making sure that the establishment is licensed and asking the appropriate questions for your skin type or medications. **wth**

Necessary Nutrients

The experts recommend when and how to take the supplements you need



It's dark outside when public relations major Fran McGill reaches to turn off his alarm clock at 4:30 a.m. McGill had less than three hours of sleep after staying up late to finish homework. But it's a typical morning for McGill as he rushes around to get ready so that he can make it to WAER in time to host his 6 a.m. radio show. When the show ends at 10 a.m., McGill heads off to his classes, followed by cheerleading practice. By the time McGill finally gets home, it's dark outside, and the cycle repeats.

"I often don't have time to sit down for a full meal. I usually just grab something on the go," McGill says. Like McGill, many students find it hard to make time to sit down and eat a nutritionally balanced meal with their busy schedules.

Immune function is directly related to proper nutrition, says Jane Uzcategui, a registered dietician and Syracuse University adjunct professor of nutrition sciences and dietetics. Well nourished, your immune system functions

well. Uzcategui stresses the importance of getting the nutrients your body needs through the foods you eat, rather than immediately looking to vitamins and dietary supplements. "You should make sure that you include enough calories in your diet and that they are from a variety of sources: carbohydrates, proteins, healthy fats, and fruits and vegetables," she says.

If you're missing meals, skipping whole food groups, or even eating white bread instead of wheat, these are all indicators that you're lacking key nutrients, antioxidants, and vital chemicals in your diet. However, signs and symptoms of vitamin and mineral deficiencies may be hard to detect without checking blood levels, says Maria Meola, a registered dietician and certified nutrition support dietitian at Crouse Hospital in Syracuse.

Even if you are eating a balanced diet and keeping your immune system healthy, alcohol consumption can inhibit the absorption of vitamins and minerals in the body, such as thiamine, known as vitamin

B1 and folic acid, Meola says.

Vegetarians and vegans, also need to watch that they are getting adequate levels of vitamins found in the foods they don't eat or cut out of their diet. In these circumstances or if certain medical conditions such as Crohn's disease, diabetes, or rheumatoid arthritis warrant, vitamin and mineral supplements may be useful. "Depending on the individual, a simple one a day multivitamin with minerals would be the only thing I may recommend to supplement, not replace, a diet that may be lacking in nutrient-rich foods," Meola says.

Multivitamins don't need to be expensive; the generic brand works just fine. Uzcategui advises that the important thing to look for is the United States Pharmacopoeia's (USP) seal on the bottle, which indicates that the product has been evaluated for purity and content. See the chart below to see how you can enhance your diet. [wth](#)

	VITAMIN C	ZINC	CALCIUM	FOLIC ACID	THIAMINE (VITAMIN B1)
FUNCTION	<ul style="list-style-type: none"> Increases immunity Repairs tissue growth 	<ul style="list-style-type: none"> Aids immune system function Breaks down carbohydrates Assists cell growth and division 	<ul style="list-style-type: none"> Maintains bone health Prevents blood clots Triggers muscle contraction 	<ul style="list-style-type: none"> Facilitates in breakdown, use and creation of new proteins Creates red blood cells and produces DNA 	<ul style="list-style-type: none"> Converts carbohydrates to energy Helps functioning of heart, muscles, and the nervous system
FOOD SOURCES	Citrus fruits Tomatoes Green peppers Leafy greens Sweet and white potatoes	Beef Pork Lamb Dark meat of chicken Peanut butter Nuts Whole grains	Dairy products: milk, cheese, yogurt Broccoli Bok choy Calcium-fortified orange juice	Beans Citrus fruits Whole grains Poultry Shellfish Pork Dark, leafy vegetables	Fortified breads, cereals, and pasta Whole grains Lean meat Fish Dried beans Soybeans
RECOMMENDED DAILY INTAKE	Men: 90 mg Women: 75 mg	Men: 11 mg Women: 9 mg	Men and women: 1000 mg	Men and women: 400 mcg	Men: 1.2 mg Women: 1.1 mg

Your Plate Is Your Canvas

Color your meal healthy with a rainbow of fruits and veggies

Growing up, children learn the importance of eating fruits and vegetables. The lesson doesn't change when students move to college. "Humans need such an array of nutrients and there is no one food that provides all of them," says Kay Bruening, Syracuse University professor of nutrition science and dietetics. Different nutrients are associated with different color pigments in fruits and vegetables, Bruening says. Eating a colorful diet will steer you away from eating the typical refined brown and white diet of burgers and fries. Go for the rainbow next time you fill your plate:

with

KIWI

Vitamins:

A, C, K, beta-carotene, potassium, magnesium, and dietary fiber

Protects against:

Colon cancer and respiratory problems like wheezing and coughing

Season to buy:

Winter

BROCCOLI

Vitamins:

C, beta-carotene, folate, calcium, potassium and dietary fiber

Protects against: Contains phytochemicals that protect against cancers

Season to buy:

Spring & fall

SPINACH

Vitamins:

A, C, K, beta-carotene, folate, fiber, protein, calcium, magnesium and potassium

Protects against:

Gastric cancer, heart attack and stroke; it also benefits your eye health

Season to buy:

Spring

SWEET POTATOES

Vitamins:

A, C, calcium, beta-carotene, folic acid, magnesium, phosphorus, potassium and dietary fiber

Protects against:

Free radicals, certain cancers, blood pressure issues and inflammation of the colon; they also help stabilize blood sugar levels

Season to buy:

Fall & winter



POTATOES

Vitamins:

B potassium, folate, calcium, magnesium, phosphorous and dietary fiber

Protects against:

Inflammation, high blood pressure, heart disease, kidney stones, and also promotes healthy skin and digestion

Season to buy:

Late summer & fall

CORN

Vitamins:

A, C, thiamin, dietary fiber, folate and potassium

Protects against:

Cardiovascular disease, high cholesterol, anaemia and hypertension

Season to buy:

Summer & fall

ORANGES

Vitamins:

A, B, C, folate, calcium, magnesium, phosphorus, potassium and dietary fiber

Protects against:

Asthma, high cholesterol, kidney stones and diabetes

Season to buy:

Spring & winter

STRAWBERRIES

Vitamins:

A, C and antioxidants

Protects against:

Gout, arthritis, cancer, heart diseases and high blood pressure

Season to buy:

Spring & summer

TOMATOES

Vitamins:

A, C, beta-carotene, calcium, iron and lycopene

Protects against:

Weak bones, high blood pressure, cancer, heart disease, and disease-causing free radicals

Season to buy:

Summer

CHERRIES

Vitamins:

A, C, magnesium, potassium and antioxidants

Protects against:

Gout and inflammation

Season to buy:

Summer

PURPLE GRAPES

Vitamins:

A, C, potassium and phosphorus

Protects against:

Heart disease, migraines, indigestion, kidney problems, breast cancer, cataracts and muscular degeneration

Season to buy:

Summer & fall

BLACKBERRIES

Vitamins:

A, C, K, beta-carotene, folate, calcium, magnesium, potassium, phosphorus and dietary fiber

Protects against:

Free radicals, inflammation, cancer, heart disease and reduces the effects of skin damage

Season to buy:

Summer

CAULIFLOWER

Vitamins:

A, C, K, beta-carotene, biotin, folate, calcium, magnesium, potassium, sodium and dietary fiber

Protects against:

High blood pressure, kidney and bladder disorders, stroke, high cholesterol and cancerous cells

Season to buy:

Fall

MUSHROOMS

Vitamins:

B, D, niacin, folate, pantothenic acid, calcium, magnesium, phosphorus and potassium

Protects against:

High blood pressure, stroke, free radicals, prostate cancer, breast cancer, high cholesterol & diabetes

Season to buy:

Spring



Wine 101

Ready to move on from boxed wine and Solo cups? Here's how to start drinking real wine

“Those who drank red wine had about half the risk of dying from heart disease as those who did not.”

College students have limited attention spans —simple is good, complex is unacceptable — and that may be why our collective knowledge of wine is somewhat limited to Franzia. “I buy it because it’s cheap and lasts forever,” says international Relations major Vicki Turakhia. Thirty servings for \$11 is quite a bargain, but if expanding your expertise beyond boxed wine sounds intriguing, then we might be able to help you out. We’ll show you how to incorporate this heart-healthy beverage into your life with tips on how much to drink, how to pick and pair it, and where to buy it cheap.

Why wine?

While moderate consumption of all types of alcohol delivers heart-healthy benefits, the most prominent benefits come from red wine, says Syracuse University nutrition professor and registered dietician Tanya Horacek. According to the “Copenhagen City Heart Study,” those who drank red wine had about half the risk of dying from heart disease as those who did not. But before you start boozing up in the name of health, know that the benefits are only associated with moderate consumption (two 5 oz. glasses a day).

There are several reasons why wine is “heart-healthy.” It reduces the risk of heart disease by raising “good” high-



density lipoprotein (HDL) cholesterol and lowering “bad” low-density lipoprotein (LDL) cholesterol, which helps prevent plaque formation in arteries. It also contains antioxidants called polyphenols, more prominent in red wine than any other alcohol or food source, which help prevent the breakdown of cells, says Horacek.

Getting started

While health benefits are one reason to make wine your drink of choice, so is variety — you’re bound to find at least one you like. Start out with this simple tip: determine how sweet a wine is by the alcohol content listed on the bottle. According to Barr, a wine with high alcohol content is dry (12-14%), medium is semi-sweet (9-10%), and low is sweet (7%).

Once you’ve picked a wine, there’s still the question of what kind of food to pair it with. Tim Barr, professor of beer and wine appreciation at SU says in general, the food should mellow out the wine. This means that if you have a heavy, dry wine, then a heavier dish might balance it out nicely. A medium or sweet wine goes well with a mild dish. In general, Barr suggests just drinking what you like.



“Red wines should be consumed the day they’re opened because they are served at room temperature, while whites can last a couple days if refrigerated.”

Allergy concerns: what are sulfites?

Sulfites (a group of sulfur-based compounds) play an important role in winemaking. They are naturally occurring chemicals in wine fermentation, but winemakers can add more to further preserve the wine’s character, flavor, and color, due to its antimicrobial properties. But for about one percent of the U.S. population, sulfites can produce symptoms that include nasal congestion, headaches, flushed skin, bronchial constriction, nausea, and dizziness, according to WebMD. These symptoms vary in severity from very mild to life threatening. They can trigger asthma attacks in sensitive people, according to a Mayo Clinic article on sulfite allergies.

You can never totally avoid sulfites, but you can control the amount you ingest, which can reduce or eliminate symptoms (as long as you’re not severely allergic). For a wine made from organic grapes and with no man-added sulfites, choose one that is USDA certified organic — sulfite levels are around 10 parts per million (ppm). Be mindful that wines labeled, “made from organic grapes” still contain added sulfites up to 100 ppm.

All wines, except those that are USDA organic, are required to include, “contains sulfites” on the label. The legal maximum level for U.S. wines is 350 ppm, but the majority fall well below that level. In general, sweet, white dessert wines have the highest sulfite levels, while dry, red wines have the lowest. Very cheap wine can also be an indicator of higher sulfite levels, says Barr.

Buy cheap in Syracuse

As a college student, developing a passion for wine may be cool and classy, but it can also be pricey. Luckily, Barr lets us in on his secret of the absolute cheapest place to buy wine (and all booze, for that matter) in Syracuse — Liquor City. Don’t be

deterred by the name — the store contains the same quality brands as any other. They have lower prices because they purchase in bulk at a volume discount, and only mark up the cost 17 percent for customers. Most liquor stores mark up 50 percent.

Storage tips

Wine doesn’t last forever — at least not the kind college students can afford. Some oak-aged varieties can be stored between 30 and 40 years, but most wines today are aged in steel and last from two to four years, says Barr.

Once you pop the cork, be prepared to finish the bottle in one to two days. Red wines should be consumed the day they’re opened because they are served at room temperature, while whites can last a couple days if refrigerated, says Barr. Bottles with screw caps, instead of traditional corks, allow you to store wine slightly longer.

The enemy of wine is oxygen. If you can prevent oxygen from coming in contact with the wine, it stays fresher longer. That’s why you can have a good ol’ box of Franzia in your fridge for weeks — the plastic bag collapses on itself as the wine is expelled, and oxygen never touches the wine. Turakhia says her box of Sunset Blush wine lasted the better part of a semester.

If you want a slightly classier way to keep wine fresh, Barr suggests investing in a small spray can of nitrogen, available at liquor stores and online at Web sites like Wine.com (\$8.99). By spraying a small amount in the wine bottle, a barrier is formed between the wine and air, thus preserving the wines taste and delaying spoilage.

So take a drive down to Liquor City, pick up a bottle, and impress that special someone with your newly acquired wine knowledge. But this time, ditch the Solo cups.

wth

THINKING OUTSIDE THE BOX: FURTHER GUIDANCE ON HOW TO SELECT A WINE YOU'LL LIKE (FROM BARR)



**SHIRAZ
(DRY)**

WHAT / Heavy-bodied with black cherry, currant, spice and tobacco tones

GOES WITH / Heavy, strong foods like stews, pizza, spicy sausages pepperoni, lasagna, blackened salmon or tuna, marinara sauces, spicy barbecue sauces, sharp cheddar cheese, and hazelnuts

TRY / Yellow Tail, 750 mL \$5.99



**PINOT NOIR
(MEDIUM)**

WHAT / Medium-bodied and silky with red cherry, strawberry, and smoky earth tones

GOES WITH / Tuna, filet mignon, lamb, roasted chicken, chicken cordon bleu, mushroom sauces, light-medium red sauces, olive bread, goat cheese, Brie, and walnuts

TRY / Yellow Tail, 750 mL \$6.88



**LAMBRUSCO
(SWEET)**

WHAT / Slightly sparkling and acidic with sweet berry flavor

GOES WITH / Grilled meats, spicy Mexican or Asian dishes, and pasta with red sauces

TRY / Riunite, 1.5 L \$7.88

**Serve Chilled*



**SAUVIGNON
BLANC (DRY)**

WHAT / Light-bodied and crisp with fig, lemon, and grassy tones

GOES WITH / Scallops, shrimp scampi, sushi, chicken, French bread, and light sauces

TRY / Monkey Bay, 750 mL \$8.99



**PINOT GRIGIO
(MEDIUM)**

WHAT / Crisp and acidic with honey, pear, and lemon flavors

GOES WITH / Light pastas in white sauces or olive oil, grilled fish, and brunch-type foods

TRY / Yellow Tail, 750 mL \$6.44



**RIESLING
(SWEET)**

WHAT / Light-medium-bodied with apricot, honeysuckle, and pear flavors

GOES WITH / Chicken, turkey, pork, Asian food, sweet barbecue sauces, Gouda cheese, pecans, and candied walnuts

TRY / Fish Eye, 750 mL \$4.99

***REDS /** serve at room temperature

*All prices from Liquor City, 3481 Erie Blvd. East, Syracuse (K-Mart Plaza)

Potassium on the Rocks

WTH mixes up a healthier happy hour

On the rocks, straight up, with Coke, tonic, or cranberry – the choices are endless when it comes to ordering a drink. But not all drinks are created equal. Watch out for high-sugar mixers that drive calorie counts up. Check out these lower-cal alternatives with a nutrient twist. Some vitamins and minerals in a mixed drink's fruit juices can be beneficial, even if they don't dilute the detriments of the alcohol, says Dr. Long Wang, assistant professor of nutrition science and dietetics at Syracuse University. The vitamins in a cocktail won't count toward your daily fruit and veggie requirements, but these four drink suggestions offer a smarter order next time you're at the bar.



1. Vodka Tonic

Don't leave the lime as decoration. Squeeze the citrus and watch the tonic fill with potassium, a mineral that regulates hydration as it balances the body's water storage and slows the heartbeat. Substitute club soda for tonic and save yourself 90 calories. Registered dietician Roseanne Schnell from Long Island suggests choosing a vodka-based drink over a dark-liquor option, because the lighter the liquor, the lower the calories.



2. Vodka Cranberry

One glass of cranberry juice will pump 36 grams of sugar into your body, which is almost equivalent to drinking a can of Coke. But the cranberries' ability to combat oral bacteria leading to plaque and gum disease counters its cavity-forming sugars. With 20 percent of your daily Vitamin C, the juice boosts immunity and fights free radicals. Schnell's calorie-reducing advice: use half the juice with seltzer to decrease sweetness.

4. Red Wine

Since wine-makers use the entire grape, red wine packs in important polyphenols, a chemical produced during the fermentation of red grape skins. Schnell says that polyphenols fight cancer-causing cells while the grape's natural level of the antioxidant resveratrol supports a healthy heart.

wth



3. Bloody Mary

Eight ounces of tomato juice adds just 50 calories to your drink and a dose of vitamin A, says Sarah Short, Ph.D., R.D., professor of nutrition science and dietetics at SU. Vitamin A promotes healthy reproduction and maintains healthy skin, hair, and eyesight. Every serving also provides approximately 20 milligrams of lycopene, an antioxidant that prevents heart disease and reduces the risk of prostate and digestive tract cancers.





Know the Numbers

Calorie counting legislation: coming soon to a city near you

For the last five hours you were suffering through class, all you wanted was a Double Whopper with cheese from Burger King. You rush out of class and run over to the closest BK just to see that the burger you've been craving comes with a caution marker on the menu board. It reads a whopping 960 calories.

In October of 2008, California became the first state in the U.S. to require chain restaurants with more than 20 locations to put calorie counts on their menus and menu boards. Today, New York City and Seattle have jumped on board to enact similar calorie count legislation for chains with more than 15 restaurants. The trend continues as cities like Chicago, Washington, D.C., and Philadelphia consider it.

"The more information that people have about their food choices, the healthier the decisions they will make," says Dave Mejias, chairman of the Health Committee in the Nassau County Legislature. Nassau County, in Long Island, N.Y. is another place that calorie count legislation is being enacted. "In New York City, people tell me they are

shocked at the caloric content of the foods they are eating. People are changing their choice of food because they didn't anticipate the calories to be as high as they are indicated on menus," Mejias says. Even people who attend baseball games in New York look at the calories posted on the concession stand menu boards, he says.

Though restaurants around Syracuse University do not list calorie counts on their menus or menu boards, some places, like Starbucks and Pita Pit, offer calorie count listings in brochures and online. Knowing that a Grande Starbucks Java Chip Frappuccino packs 460 calories (including the whipped topping) has made SU photo illustration major Joanna Smilgiewicz begin to rethink her menu picks. "I don't count calories, but when I notice that they're there I will change what I am eating," Smilgiewicz says. "When they're there, I become conscious of what I am eating and make healthier decisions. I believe obesity is largely caused by ignorance, so putting the information out there should help consumers."

**"I don't count calories, but when I notice that they're there I will change what I am eating."
-Joanna Smilgiewicz**

A REALITY CHECK FOR CONSUMERS: Know what you eat

The calorie count legislation can also be used as a reality check to show that though you may think you are eating a healthy meal, hidden calories may be lurking. While donuts are commonly perceived as unhealthy, the calories in a blueberry muffin (510 calories) surpass the amount in a Boston Kreme donut (only 280 calories) in a Dunkin' Donuts bakery. "More people are eating out today than they used to," says Maria Torroella Carney, Ph.D., Commissioner of Health for Nassau County. "And those people need to have a certain understanding of what they are getting when they are ordering at a restaurant or other facility."

Jamba Juice and Starbucks both serve drinks that contain a meal's worth of calories that many people drink as snacks, ignoring the liquid calories. A Jamba Juice original Banana Berry drink, loaded with apple juice, blueberries, a banana, has 400 calories in its original size. While the drink may be packed with nutrients from fruit, 400 calories is a meal's worth of calories.

"I am from New York City and see how many calories are in the things at places like Jamba Juice, Chipotle, and one of my favorite chains, California Pizza Kitchen, but I either don't look at the calories or just disregard them," says Amanda Mondre, a marketing major at SU. Mondre worries more about carbohydrate and fat content of the foods and drinks she consumes than the calorie counts. "I still think it is a good idea to have the calories on the menus," says Mondre. "I still go to Starbucks and drink Vanilla Bean Frappuccinos." Mondre and other Starbucks-lovers can also order their favorite drinks with fat free milk and no whipped cream to lower the calorie content. Since 2007, Starbucks serves all of its espresso-based drinks with 2% milk rather than whole milk, and they offer fat-free milk upon request.



A BUSINESS DILEMMA FOR RESTAURATEURS: Exposing the full facts

Extreme calorie loads and excessive portion sizes are common reasons restaurant owners hesitate to welcome the law. There are also economic factors – the idea of paying for revised menus and menu boards. The calorie addition to menu boards in New York City cost Dunkin' Donuts approximately \$2,500 to \$3,000 per store, according to Joe Dazzo, a Nassau County Dunkin' Donuts franchise owner. Though consumers may agree with the legislation, some restaurant owners do not.

Some restaurant owners have expressed concern with the liability the legislation may put on them, Carney says. Businesses fear customers could sue them for inaccurate menu board calorie counts, she says.

But according to Carney, a year after the New York City legislation was put in place, McDonald's had some of its greatest success. Whether it was related or not, it showed the legislation didn't affect business, Carney says. In the last few years, McDonald's has also added healthier, lower-calorie options to its menu.

In Nassau County, Outback Steakhouse representatives actively tried to persuade legislators to vote down the bill at the hearings for the legislation. The restaurant's Bloomin' Onion, a fried onion appetizer, has 1,560 calories and serves six people (260 calories per person). However, fewer than six people may eat the dish together, so the personal calorie counts are often greater. Outback Steakhouse's Outbacker Burger and Aussie Fries amount to 1,118.5 calories for just one person. Consumers should also remember that the serving size in the burger meal might be larger than what the restaurant claims. "Informing customers at restaurants of the calories in meals will help guide

people to make a more informed, healthier eating decision," Carney says. Another goal of requiring restaurants to publicize calorie counts is for restaurants to serve smaller portions and healthier options, Carney says.

THE PICTURE OF HEALTH: Some restaurants have nothing to hide

Some restaurants like Subway openly advertise their nutritional information because they see it as a driving force for their business. Similarly, Syracuse Pita Pit manager, Sherry Holmes, thinks that if people found out about the nutritional value of the food at Pita Pit, they would be pleasantly surprised. "I don't think people realize how healthy our food is," Holmes says. "We wouldn't mind posting the calories of our foods because we base our portions on what correct serving sizes are. People think that just because we serve bread products that our food is unhealthy, but that is not the case." The Pita Pit Web site has a "Build Your Own Pita" section where you can get the nutritional information for any type of pita you would get at the restaurant. The site also has a "5 under 500" section highlighting five specific pitas that are all under 485 calories.

With more than 15 locations, Pita Pit would be affected by the legislation if it were to take place in Onondaga County or New York State. While Onondaga County does not have any plans to go forward with calorie count legislation, Gov. David Patterson introduced the legislation for New York State in May 2009, and it will be taken up for deliberation by the State's House of Representatives Health Committee.

"The obesity problem in the nation is complex and this is just one aspect to addressing it; being able to inform the public and giving them an option to make healthier choices is a step in the right direction."

A WORK IN PROGRESS FOR LAWMAKERS: A look at what's next on the local agenda

At the Nassau County legislature's hearing for the legislation, advocates from the American Heart Association and the American Cancer Society spoke in favor of the bill. "More than 26 percent of our population is now confirmed as fully obese. It's absolutely amazing to think that despite all of our talk and hope that we are educating the American public, they are still not quite getting the message," says Robin Vitale, the American Heart Association representative at the legislative hearing. Vitale says the American Heart Association wants to make sure that the public is getting as much information as possible about the risk factors for obesity. "It's obviously a huge concern of ours," she says. Heart disease is the leading cause of death in the United States, and more specifically, in New York.

According to the New York State Healthy Eating and Physical Activity Alliance, New York State spends about \$6.1 billion a year on health care costs related to adult obesity. This is the second highest level of spending in the nation. "We think this is a step in lowering obesity levels," says Carney. "The obesity problem in the nation is complex and this is just one aspect to addressing it; being able to inform the public and giving them an option to make healthier choices is a step in the right direction." **with**

DIGIT DISCLOSURE: TRY SWAPPING CALORIE-PACKED CHOICES FOR SKINNIER SELECTIONS



STARBUCKS

Mint Mocha chip Frappuccino blended coffee

(grande, with whipped cream)

470 calories and 19g fat (about 170 calories from fat)

Cinnamon Chip Scone

470 calories and 18g fat (about 170 calories from fat)

Skinny Hazelnut Latte

(grande, nonfat milk)

130 calories and 0g fat

Petite Vanilla Bean Scone

140 calories and 5g fat (about 45 calories from fat)



Brought to you by your student fee

Visit us online at whatthehealth.wordpress.com