

YOU ARE WHAT YOU EAT

That's Unfortunate



by Ashley Felix

Have you ever heard the saying, “**You are what you eat**”? Well, if this was true, many of us would realize that we are a crystalized salt lick that a cow sucks on every day, or we are a huge clump of lard rotting in a frying pan. Doesn’t sound too appealing does it? No, I think not. If we were to look at it in this visual sense, many of us have already thrown up in our mouths. Luckily, what we eat doesn’t turn us into the actual thing on the outside; however, what we eat plays a huge factor on the inside. On the inside, there could be a **huge clump of fat accumulating around the midline** due to highly fattening food that is consumed every day. For many of us, the “flat tire” is becoming a nuisance—it’s time

for it to go. We don’t enjoy having extra flesh droop over our belt loops when we sit down. So, wouldn’t you like to know exactly **what is causing this to happen?** Wouldn’t you like to understand why you can’t seem to lose weight even though you’re exercising 4 times a week? Wouldn’t you like to know how many fat and calories are contained in the frozen pizzas in your freezer that you always have on hand? If so, now is the time to learn! Pull out a piece of paper and pencil because what you are about to read will help you understand exactly what kind of nutrients, vitamins, minerals, calories, and fat you are putting into your body.

Today, nearly all foods sold in grocery stores must be in a package that has a label

on the side containing the following information: the product name, name and address of the manufacturer, amount of product in the package, and ingredients listed in descending order by weight. Government agencies in North America such as the Food and Drug Administration (FDA) in the United States, monitors all food and beverage labeling. All items sold in stores are constantly being checked and assessed to make sure all necessary information is listed on the foods/beverages and that these items are safe for the public's consumption. Those who have allergies or have other health issues such as diabetes and heart disease, value these labels more than anyone because it helps them make correct food choices for optimum health in their lives.

You will notice at the top of every food label, it says, "Nutrition Facts". This is the category of the label that gives you the most valuable information concerning the food you are about to devour. This nutrition facts label should become your best friend. It is straightforward, honest, readable, and it



helps you make healthy choices in your life—just as friends should. The label warns you if something is high in saturated fats and it will

never hide how much sodium is contained in it. The label is there on every single packaged good, just waiting for someone who needs some answers. Let's get to know and understand the food label by starting at the very top of the label and then working our way down to the very bottom and discussing what each section is about.

Say hello to your new best friend: the food label. By the time you finish reading this article, you will know how to read the label and understand it completely. As was briefly mentioned above, the very first item on the food label is:

Nutrition Facts ● 1		
Serving Size 1 cup (253g) ● 2		
Servings Per Container 4		
Amount Per Serving		
Calories 260 ● 3		
Calories from Fat 70 ● 5		
● 4 % Daily Value*		
Total Fat	8g ● 5	13%
Saturated Fat	3g ● 6	17%
Cholesterol	130mg ● 7	44%
Sodium	1010mg ● 8	42%
Total Carbohydrate	22g ● 9	7%
Dietary Fiber	9g ● 10	36%
Sugars	4g ● 9	
Protein	25g ● 11	
Vitamin A 35% ● Vitamin C 2%		
Calcium 6% ● 12 ● Iron 30%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: ● 4		
Calories: 2000 2,500		
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat 9 ● Carbohydrate 4 ● Protein 4		

1. Nutrition Facts: specific components must be listed underneath it such as total calories, calories from fat, saturated fat, trans fats, cholesterol, sodium, total carbohydrates, fiber, sugars, protein, vitamin A and C, calcium and iron. All of these components are nutrients our

bodies need in order to perform daily tasks effectively and with ease.

2. Serving Size: this is a guide to help you understand just how many servings your overflowing bowl of cereal really is. If you find yourself eating double the serving size listed on the label, you will have to double the nutrient and calorie values as well. The rest of the categories following are based on the serving size. In other words, for this particular food on the label, all the percentages that are given below are applicable if you eat the correct serving size which is one cup. If you end up eating two cups of this food, then you would need to double the percentages below.

3. Calories: this tells you how many total calories are in each serving size. If you're trying to get rid of that flat tire around the middle, this is where you need to pay attention. When trying to lose weight, cut back on the calories and get your body moving through exercise!

4. Total Fat Calories: this indicates how much fat is contained within the total number of calories. The key here is to aim low: try to limit your *calories from fat*. The problem with Americans today is that we buy frozen and microwavable foods that are soaring high in fat instead of buying fresh foods and cooking our own meals. Our lives are so busy and hectic and we can't even stop to smell the roses—it's no wonder why we call it "Fast Food". Sadly, these kinds of

foods are exactly what our bodies do NOT need. For fat, saturated fat, cholesterol and sodium, choose foods with a low % Daily Value.



5. % Daily Value: Looking at all those percentages can be intimidating, but the daily values will be your guide. Daily values are listed for people who eat 2,000 or 2,500 calories a day (this is the average that most people eat). If you eat more than 2,000 calories, your personal daily value may be higher than what's listed on the label, so keep that in mind. The daily values are usually given for each nutrient per serving.

6. Saturated Fat: is part of the total fat in food, but it's listed separately because it is the key player in raising blood cholesterol and your risk of heart disease! Try to avoid foods with trans fats and saturated fats whenever possible.

7. Cholesterol: our bodies contain good and bad cholesterol, but more often than not, there is a lot more bad cholesterol in our systems. Too much bad cholesterol can also lead to heart disease, diabetes, and high blood pressure. Make it a goal to eat less than 300 mg each day (notice it is milligrams, not grams)

8. Sodium: this is the category that nearly everyone exceeds in their daily diets. We call this "salt," the label calls it "sodium," but either way, OUR BODIES DON'T NEED HARDLY ANY OF IT. So put the saltshaker away and choose some other alternative for your veggies.



9. Carbohydrates: are sugars or starches that provide nutrients and energy for our bodies. This is good for us to eat, but if you eat a lot of carbs along with a lot of fat, say goodbye to losing weight. Carbs are found in foods like bread, potatoes, fruits, vegetables, and pasta. About 60% of one's daily food intake should come from carbohydrates.

10. Dietary Fiber: this stuff is great when it comes to the digestive system—no more constipation! Some call it “roughage” due to its ability to increase the volume and density of your stools, but it also keeps things flowing in your system as long as you drink plenty of water too. Soluble and insoluble fiber performs slightly different functions, yet they are both vitally important in one's diet. Fiber also reduces the risk of heart disease and cancer.

11. Protein: the % daily value is generally not listed due to expensive testing required to determine protein quality. Protein is good for our bodies, but we only need small quantities of it. We must remember, that where there is animal protein, there is also fat and cholesterol. Many Americans eat huge servings of meat for their dinner portion when in reality, a serving of meat should be about the size of your palm, no bigger.

12. Vitamins and Minerals: these are essential nutrients that our bodies need to function but our bodies cannot produce them—we have to get these from our diet. This part of the label will tell you what kinds of nutrients the food contains, including the % out of your daily diet. (Remember, these percentages are based on a 2,000-2,500 calorie diet.) Eat plenty of whole grains, dark green veggies, and luscious fruits and



you'll be good to go!

Now can you see how valuable these labels can be? Labels give you all the information you need to make healthier food choices. Once you understand what each part of the label means, the next step is to figure out what to look for. For healthier choices, look for foods with very low fat calories, zero trans fats, zero or very little saturated fats, and a low percentage of total fat. Similarly, eat foods that are low in the sodium and sugar departments, if possible. On the flip side, you'll want to look for high percentages when it comes to dietary fiber, protein, and foods that are loaded with vitamins and minerals. If you understand what's good for you now, you'll be in better shape in years to come. Establishing healthy eating habits and a healthy lifestyle right now will be the best decision you ever make. Health is life-long—it is a decision you must make NOW.

"How to Read a Food Label." *The Department of Food and Nutrition Services*. University of Iowa Hospitals and Clinics. 1 Oct. 2003. Web. 6 Nov 2010.



MY SHOULDERS

AREN'T DAINTY

OR PROPORTIONAL TO MY HIPS

SOME SAY THEY ARE LIKE A MAN'S.

I SAY, LEAVE MEN OUT OF IT.

THEY ARE MINE.

I MADE THEM

IN A SWIMMING POOL

THEN I WENT TO YOGA

AND MADE MY ARMS.

JUST DO IT.

NIKEWOMEN.COM 



The Truth About

CONQUERING COMMON FOOD MYTHS

by Christina Godfrey



With the prevalence of fad diets, the facts about food have become a little fuzzy. Let us help you clear up some misunderstandings as we shatter 6 common food myths. Check it out!

Myth #1: Carbohydrates cause weight gain.

Fact: Carbohydrates do not cause weight gain. Just like any other food, if they are eaten in excess, they will cause you to gain weight. The National Weight Control Registry have found evidence that people whose diets are lower in fat and higher in carbohydrates successfully maintain weight loss.

Where the myth came from: People who have a diet high in carbohydrates and low in fat, may get hungry faster. This could lead to over-eating, which naturally leads to weight gain.



Food





Myth #2: Certain foods burn fat or calories.

Fact: Although some people claim that grapefruit, celery, or cabbage burns fat, this is false. Caffeine is the only “food” that can speed up metabolism for a short time, but does not cause weight loss. The Livestrong Association reminds us that the only true way to lose weight is to manage your calories and be physically active.

Where the myth came from: Fad diets will always be around, confusing what is fact and what is fiction. Also, celery, grapefruit, and cabbage are very low in calories. If a person were to eat mainly these things, he or she would lose weight. However, it would be unhealthy, and he or she would gain their weight back quickly when returning to a normal diet.

Myth #3: Nuts are fattening and should not be eaten if you want to lose weight.

Fact: If eaten in moderation, nuts are a healthy part of weight loss. Their content can actually stave off hunger.

Where the myth comes from: Nuts may be high in calories and fat, but they contain healthy fats. With their good sources of protein, dietary fiber, magnesium, and copper, they are healthy in small amounts. 1/3 cup of nuts has around 270 calories.

Myth #4: Eating a lot of calories in the evening will cause weight gain.

Fact: According to nutritionist Amber Ames, regardless of the time of day, when you eat more calo-

ries than you burn, you will gain weight.

Where the myth comes from: Many people sit in front of the television with high-calorie foods late at night. This can cause a dieter's calorie count go above what it should be, which does cause weight gain.

Myth #5: Fast foods are extremely unhealthy. Never eat them while dieting.

Fact: Fast food places often provide healthy meals for the calorie conscious. Simply avoid large combo meals and soda. Choose salads with light or no dressing. Choose grilled chicken breast, or a small hamburger. Remember to avoid large amounts mayonnaise, bacon, and cheese because of their high calorie content.

Where the myth comes from: French fries, fried food, and supersized hamburgers are high in calories, and these foods can cause weight gain. Eat smart when eating out and this does not have to be a problem.



Myth #6: Skipping meals is an effective way to lose weight.

Fact: All nutritionists can agree that people who skip breakfast or eat less during the day are actually more overweight than those who eat a healthy breakfast and eat four to five times a day. When dieters eat small, healthy meals throughout the day, it actually keeps up metabolism and steers the person away from over eating.

Where the myth comes from: Anorexic people do not eat, and they are skinny. However, to get to the point where a person loses weight from skipping meals takes months, and it is a life-threatening problem that can ruin a person's body and often leads to death.

Frater, J. "Top 10 Food Myths Debunked." *Listverse.com*. Listverse, 9 Mar. 2009. Web. 9 Dec. 2010.
 "Top 10 Food Myths and Facts." *Woman Fitness*. Woman Fitness, 2010. Web. 9 Dec. 2010.





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TAKE SPORT. ADD MUSIC.



HEALTHY EATING ON A BUDGET

EAT AT HOME

by Andree Forrest



SAVE MONEY
SAVE CALORIES



Let's face it, as students, most of us don't have gobs of money to spend on food every month. But we have to eat, right? Check out these great ways to eat healthy on a student budget!

Today, an alarming “63.1% of adults in the U.S. were either overweight or obese in 2009” according to the latest Gallup-Healthways Well-being Index findings. Why is it that our country suffers from being overweight or obese? It is because we are constantly on the go and feel that we don't have time to cook meals so we turn to calorie dense, fatty foods from a wide array of restaurants. We have a skewed idea about portion sizes and foods that our daily diet should include. Eating healthy foods doesn't have to break the bank or take hours in preparation. Shopping on a budget and stocking up on “staple” foods for your kitchen to prepare quick, low-cost meals is easy to do.

PLAN AHEAD

First and foremost, the best way to save money and calories is to sit down and plan your menu for the week. If you plan ahead, you can cut costs by purchasing only the things you'll need for meals. If you create a shopping list, you won't buy any unnecessary foods that, most of the time, are impulse buys and tend to be high in calories and low in nutrition. Include healthy snacks that are easy to grab on your way out the door like pre-cut veggies, apples, nuts, and popcorn.

BUY IN SEASON

Fresh produce can be expensive, but fruits and vegetables are essential to a healthy, balanced diet. A great way to start cutting grocery costs, while still fitting in your recommended daily servings, is to buy your produce during the time that it is in season. Check out the chart on the next page to find out when your favorite treats are ripe for the picking! Another great way to get these essentials is by buying them frozen or canned. These are exceptionally less expensive than their fresh counterparts, but are still packed with nutrients—and can be quite tasty!



CLIP COUPONS

Most grocery stores print out weekly ads that can be collected from your newspaper or local grocery store. These ads are a great way to save money. Check for coupons and use them when shopping because every penny helps when you're on a student budget. Gather several ads and check which stores have better deals. For example, if Albertson's has cheaper canned goods and Kroger's has a sale on beef, split it up. Shop the stores that have the better deals. The savings are worth it, even if you have to make a few more stops.

HAVE IT ON HAND

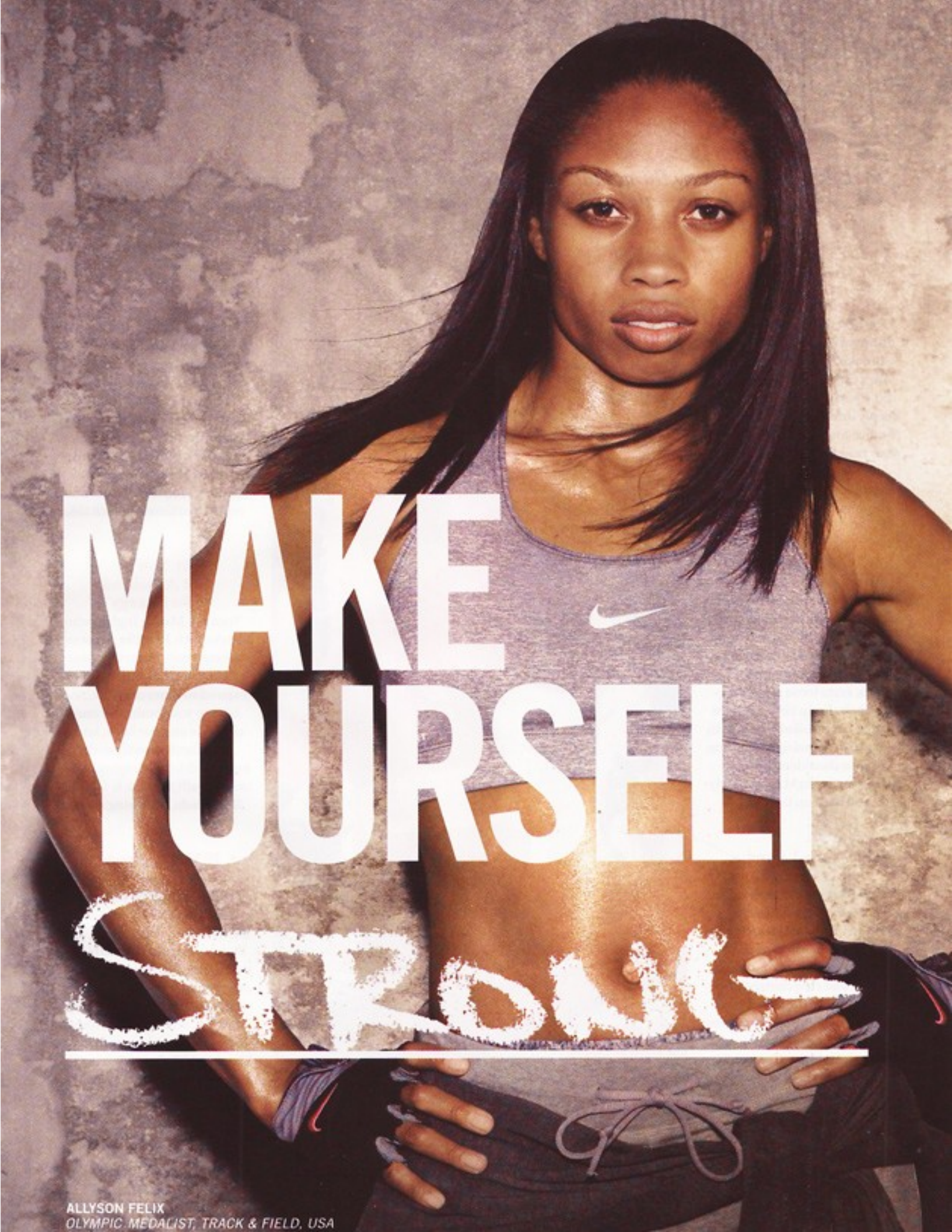
Every household has its "staple" foods. Here are a few that can always be found in my kitchen: frozen, skinless, boneless chicken breasts; canned meats (chicken, salmon, tuna); spaghetti sauce; whole wheat noodles and pastas; brown rice; frozen fruits and veggies; soup broths (chicken, beef); tortillas (corn, flour); frozen dinner rolls; potatoes; and the basic baking essentials. There are so many easy and healthy meals that can be made with these simple ingredients: chicken tortilla soup, loaded baked potatoes, enchiladas, spaghetti, baked/grilled chicken dinners, and sandwich wraps (just to name a few). These meals are easy to prepare and take little or no time to cook.



According to WebMD, eating at home at least five days a week is essential to becoming or staying thin. Also, compare the costs of eating out with home-cooked meals and you'll see that eating at home costs less. Don't be discouraged from eating healthy. There are hundreds of cookbooks and recipes that are geared toward quick, healthy cooking. Eating healthy has so many benefits including maintaining a healthy weight and improving our physical, mental, emotional well-beings.

	Fruits	Vegetables
Fall	Cranberries, Grapes, Pears, Pineapples, Huckleberries, Pomegranates	Broccoli, Brussel Sprouts, Squash, Cauliflower, Sweet Potatoes, Turnips
Winter	Clementines, Grapefruit, Kiwifruit, Tangerines, Oranges, Pears, Passion Fruit	Brussel Sprouts, Sweet Potatoes, Collard Greens, Kale, Leeks, Turnips
Spring	Apricots, Honeydew Melons, Limes, Mangos, Oranges, Pineapples, Strawberries	Asparagus, Artichokes, Squash, Broccoli, Corn, Collard Greens, Peas, Spinach
Summer	Apricots, Berries, Cantaloupe, Cherries, Grapefruit, Grapes, Honeydew Melons, Limes, Nectarines, Peaches, Plums, Watermelons	Beets, Squash, Corn, Cucumbers, Eggplant, Green Beans, Okra, Peas, Tomatoes, Radishes, Zucchini
Year-Round	Apples, Bananas, Coconut, Lemons, Papayas	Avocados, Bell Peppers, Cabbage, Carrots, Celery, Lettuce, Mushrooms, Onions, Potatoes

Bill Hendrick. "Percentage of Overweight, Obese Americans Swell." *Web MD Health News*. 2010. Web MD. Web. 12 Nov. 2010.
 "Slimming Slideshow: 24 Ways to Lose Weight Without Dieting." 8 Dec. 2009. *Web MD*. Web. 12 Nov. 2010.
 "What Fruits & Vegetables are in Season?" *Fruits & Veggies More Matters*. 2010. *Produce for Better Health Foundation*. Web. 12 Nov. 2010.

A full-page photograph of Allyson Felix, an Olympic medalist in track and field. She is wearing a grey Nike sports bra and has the word 'STROU' written in white chalk on her stomach. She is looking directly at the camera with a serious expression. The background is a textured, light-colored wall.

**MAKE
YOURSELF**

STROU

ALLYSON FELIX
OLYMPIC MEDALIST, TRACK & FIELD, USA

SUCKERS FOR BLOOD TYPE DIET

We've all heard about wacky fad diets, but this one tops the charts! Turns out vampires aren't the only ones concerned with blood when it comes to food.

by Pamela Major

"What is your blood type sweetie?" My future mother-in-law asked as she began to excitedly flip the pages of *Eat Right for Your Blood Type* written by Naturopathic Physician Peter J. D'Adamo in 1998. I responded hesitantly, "I think it is type A." Immediately she flipped to the section for A types and began explaining to me the so-called science behind the A type diet. The explanation seemed to drown on as she read individual foods I should or should not be eating. After she finished, I tried to explain to her why D'Adamo's theory seemed suspicious. She refused to listen and was set on the fact that even though it provided no weight loss for her obese body it did change her energy level. Boost in energy levels is interestingly one of the biggest reasons blood type enthusiasts remain faithful to the fad diet today.



So what is the premise of the blood type diet? D'Adamo claims that each person's blood type determines what kind of diet that person should have based on the science of evolution. For example,

Type O's were primarily hunters and were genetically evolved to eat meat; therefore, according to D'Adamo, Type O's require a diet with large amounts of meat and low amounts of carbs. D'Adamo then

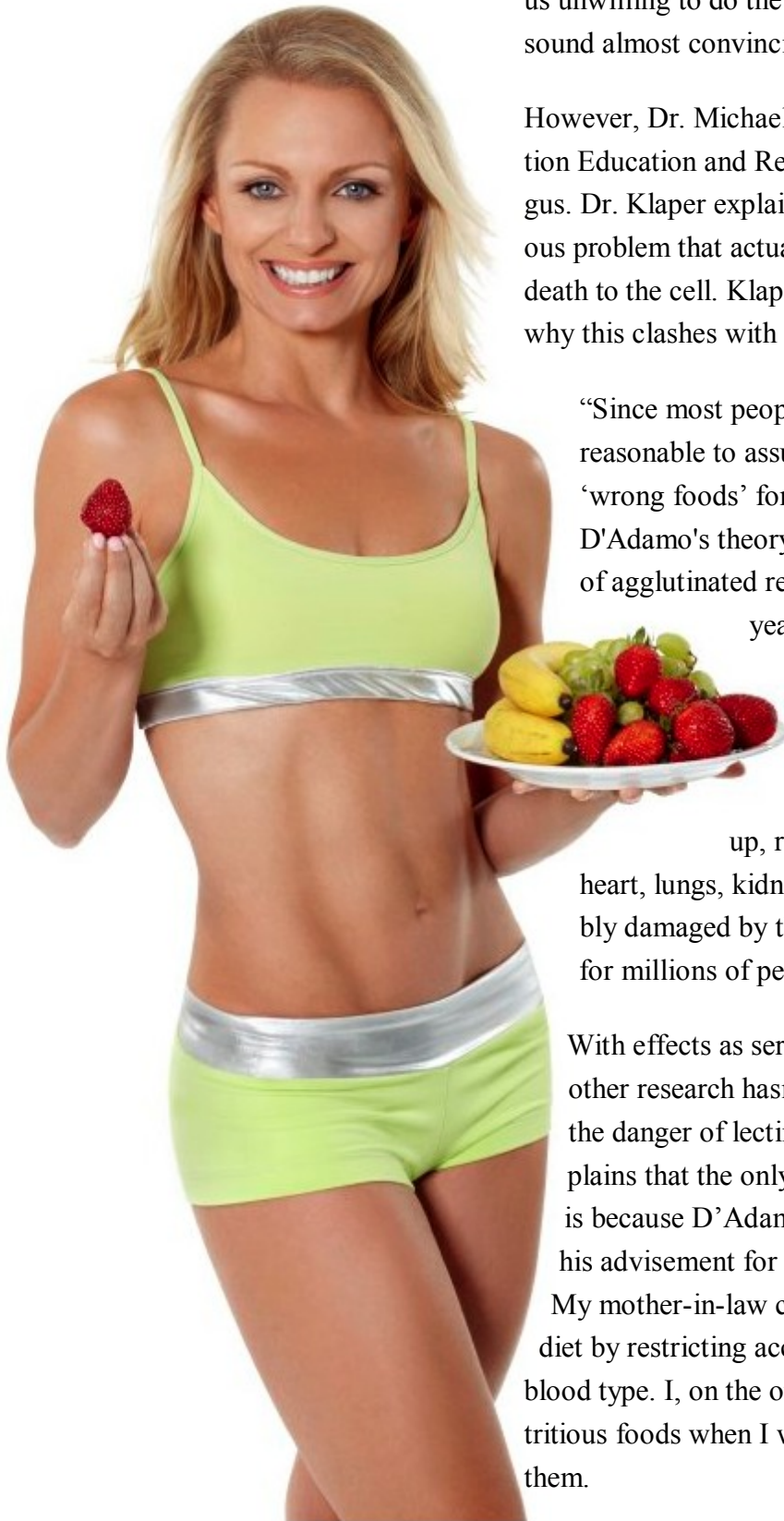
suggests that certain food types can actually cause physical illness and harm to certain blood types. D'Adamo explains that proteins in food called lectins can be destructive to the body. According to his theory on blood evolution, certain blood types are not equipped to deal with certain lectins. When lectins do not match the appropriate blood type they cause blood agglutination, clumping of red blood cells, possibly causing diseases and cancer within the body. D'Adamo suggests that this destructive process can be avoided if particular lectins do not mesh with the blood types they are not introduced to. This is why D'Adamo has an extensive food list for every blood type which categorizes foods into three groups: highly beneficial, neutral, and foods to avoid. For those of





**I'M
MAKING
MYSELF**

STROUT



us unwilling to do the research ourselves, this science may sound almost convincing.

However, Dr. Michael Klaper, director of the Institute of Nutrition Education and Research, proves why these claims are bogus. Dr. Klaper explains that blood agglutination is a very serious problem that actually deprives cells of oxygen and causes death to the cell. Klaper then gives a logical explanation as to why this clashes with D'Adamo's theory:

“Since most people are unaware of their blood type, it is reasonable to assume that many of us regularly eat the ‘wrong foods’ for our blood type. Thus, according to D'Adamo's theory, everyone experiences repeated showers of agglutinated red cells throughout their bloodstream . . . year after year. If the capillary beds in your heart, lungs, kidneys, brain, eyes, and other essential organs are subjected to a repeated barrage of agglutinated red cells, they will eventually begin to clog up, resulting in tissue damage. The brain, heart, lungs, kidneys and adrenals would soon be irreparably damaged by these processes, which could prove fatal for millions of people.”

With effects as serious as these, it is highly improbable that other research hasn't come to the same conclusions about the danger of lectins in certain blood types. Dr. Klaper explains that the only reason people claim to feel more energy is because D'Adamo actually gives some good diet tips like his advisement for all blood types to avoid processed foods. My mother-in-law continues to swear by her energy-giving diet by restricting acclaimed foods that are not good for her blood type. I, on the other hand, continue to eat a variety of nutritious foods when I want to eat them and how I want to eat them.

Daniluk, Julie. "Does the Eat Right for your Blood Type Diet Really Work?" 23 June 2010. *Julie Daniluk, RHN*. Web. 20 Nov. 2010.
Klaper, Michael. "The "Blood Type Diet": Fact or Fiction?" 11 Nov. 2005. *Toronto Vegetarian Association*. Web. 20 Nov. 2010.

LOSE THE JUNK!

Cheap, Healthy Food Alternatives

by Kaitlyn Kolilis

Sometimes just a couple small changes can make a big difference. Without sacrificing taste, we can make a few dietary changes that can help lead to a healthier body!

Unhealthy Food	Pricey, Healthy Alternative	Budget Friendly, Healthy Alternative
Foods fried in Vegetable oil <i>High in fat</i>	Extra Virgin Olive Oil <i>This type of oil lowers bad cholesterol</i>	Canola Oil <i>Though not as good as Olive Oil, this is a way better alternative to Vegetable Oil</i>
Top Ramen <i>Nutritionally does nothing for you; High-calorie food</i>	Whole Wheat Spaghetti Noodles <i>Fiber; Complex Carbohydrates in whole-wheat form, what could be better?</i>	Whole Wheat Spaghetti Noodles <i>Buy generic—it's just as good for you</i>
Little Caesars Hot and Ready <i>Can you say grease pit? Completely soaked in fat and very high in sodium.</i>	Gourmet Pizza from a restaurant <i>Choose the veggie pizza with mozzarella cheese. Yum!</i>	Homemade Pizza <i>Fresh ingredients, mozzarella cheese (low in fat), whole-wheat crust</i>
Snickers Bar <i>Packed full of sugar and calories</i>	Cliff Bars <i>Protein in a kind of tasty form; Full of vitamins</i>	Fiber One Bars <i>Super tasty! Very filling (unlike a candy bar)</i>
Cosmic Brownies <i>High in calories and sugar</i>	Whole wheat brownies from scratch <i>Can be spendy if you don't have everything on hand</i>	Box mix of brownies using apple sauce instead of vegetable oil <i>Lower fat content; Tastes just as good!</i>

"Guide to Pasta." *Whole Foods Market: Natural and Organic Grocery*. Web. 02 Dec. 2010.

"Fiber One Bars Nutrition Information." *Healthy Eating Made Simple. ShopWell.com*. Web. 02 Dec. 2010.

"Nutrition - Little Caesars Pizza." *Pizza Products - Little Caesars Pizza*. Web. 02 Dec. 2010.

On, Michael. "Applesauce Replacing Oil in Brownies?" *Chowhound Board. Chowhound.com*. Web. 02 Dec. 2010.

"Vegetable Oil vs. Canola Oil / Nutrition / Healthy Eating." *FitDay. Fitday.com*. Web. 02 Dec. 2010.

spread warmth.

(Here are just a few ways.)

- surround yourself with puppies.
- layers, layers, layers.
- hug someone (who hugs back).
- two words: hot tub.
- knit a scarf long enough for two.
- donate to a good cause.
- enjoy some hot, steel cut oatmeal with a friend (duh).
- upload your pics of "knitfity" (knitted graffiti) warmth at:

-add to this list by jotting your ideas below.



Jamba Juice

9

Simple Tips for CUTTING CALORIES

by Tiffany Cardon

1 Sip water or diet soda instead of regular soda

2 Substitute regular condiments for light or fat-free

3 Top salads with salsa instead of salad dressing

4 Order thin-crust pizza, rather than pan crust

5 Drink skim instead of whole milk

6 Savor small, bite-size candy bars instead of regular or king-size

7 Eat spicy foods—they can boost your metabolic rate by 50% for up to 3 hours after eating

8 Eat slower—you'll feel full after eating less food

9 Dish up smaller portions—chances are, you'll end up eating way less and saving yourself some extra calories (and pounds!)





DON'T KNOW WHAT TO MAKE FOR DINNER?

Check out these healthy recipes!

College budgets are pretty tight. After tuition, books, rent and everything else college students have to worry about, there isn't a whole lot left over for food. Ramen noodles and other instant foods for a dollar or less tend to become staples in their diets. Although that may seem like a good idea, in reality most of those foods are extremely high in sodium and very unhealthy. Unhealthy eating habits equal less energy and a higher likelihood of getting sick, meaning doctor bills if nothing else. Eating healthy doesn't have to break the bank, and in the long run it is the best investment you can make. There are lots of recipes for healthy eating for about a dollar per serving.

A Healthy, Cheap Chimichanga

Submitted by Kristina Thompson

- 2 tortillas
- 1/4 cup Cooked Hamburger or Chicken
- 1 Tbl. Cheddar cheese
- 1/4 cup Cooked white or brown rice
- 2 Tbls. Kidney or Black Beans (Cooked or Canned)

Cook your choice of meat in a frying pan. Season to taste using salt, pepper, chili powder, garlic powder/salt, etc. Add cooked rice and beans to pan after meat is cooked through. Cook on medium heat until everything is warm. Place your tortilla flat on a plate. Add the frying pan's contents to the tortilla. Add cheese on top and wrap it like a burrito. Place the wrapped tortilla in the frying pan. Keep heat at medium temperature and cover with a lid. Rotate the tortilla until each side is golden and crisp to taste. Once heated through, the Chimichanga can be topped with sour cream, sliced black olives, diced tomatoes and/or lettuce.

*This is a good recipe for college students because it's fast, cheap, and can be saved as leftovers. Chimichangas are also an excellent choice because of the beans and rice. These two things provide a feeling of energy and fullness as the day progresses. The Chimichanga, while it is slightly golden from oil, is not fried, and therefore provides the extra crunch one wants without all the excess oil and calories wearing the body down.

Nutrition Facts	
Serving Size 2 chimichangas (250 g)	
Amount Per Serving	
Calories 528	Calories from Fat 198
% Daily Value*	
Total Fat 22g	34%
Saturated Fat 8g	42%
Trans Fat 1g	
Cholesterol 88mg	29%
Sodium 586mg	24%
Total Carbohydrate 47g	16%
Dietary Fiber 4g	14%
Sugars 1g	
Protein 35g	
Vitamin A 2%	Vitamin C 1%
Calcium 23%	Iron 26%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4
© www.NutritionData.com	



Sweet Pea's Chicken Taco Soup

Submitted by Ande Payne

- Two 15 oz cans of black beans (I prefer to *not* drain the beans as it give the soup a bit more liquid)
- 16 oz can tomato sauce
- 10 oz package frozen corn (I would not recommend using canned corn, but if you do, drain it well)
- 15 oz can diced tomatoes, un-drained
- 4 oz can diced green chilies (mild or hot)
- 15 oz can chicken stock
- 1 small onion, diced small
- 1 package chicken taco seasoning
- 3 boneless chicken breasts

Toppings:

- Shredded cheddar or pepper jack cheese
- Fat-free sour cream
- Crushed tortilla chips
- Sliced olives
- Minced cilantro

Place all the ingredients except chicken in the slow cooker and mix well. Place chicken breasts on top of the other added ingredients and put the lid on the slow cooker. It does not matter if the chicken breasts are frozen or not, they will defrost in the cooker. Cook on high 4-5 hours, or low 8-10 hours. Remove the chicken and cool on a cutting board while you prepare the cheese, sour cream and crushed tortilla chips. Once chicken is cool, shred or cut up very finely, mix back into soup and cook for another 5 minutes. Serve soup in bowls and add toppings.

Nutritional Information:

- Serving Size: 1 ½ cups
- Servings per Recipe: 6-8
- Calories: 375
- Fat: 16 grams
- Carbohydrates: 42 grams
- Protein: 27 grams
- Fiber: 8.7 grams

Country Style BBQ Chicken

Submitted by Megan Cross

- ½ cup chopped onions
- 1 cup ketchup
- ½ cup white vinegar
- ¼ cup brown sugar
- 1 tablespoon dried mustard
- ¾ teaspoon salt
- ¼ teaspoon pepper
- 6 skinless, boneless chicken breasts

Mix the onions, ketchup, vinegar, brown sugar, dry mustard, salt, and pepper in a saucepan over medium heat. Cook for 15 minutes, stirring occasionally. Preheat oven to 350 degrees. Place chicken in a lightly greased pan and pour sauce on top. Bake for 25 minutes.

Nutritional Information:

- Calories: 163
- Carbs: 8 grams
- Protein: 18 grams
- Fat: 8 grams
- Trans Fat: 0 grams
- Sugar: 4 grams



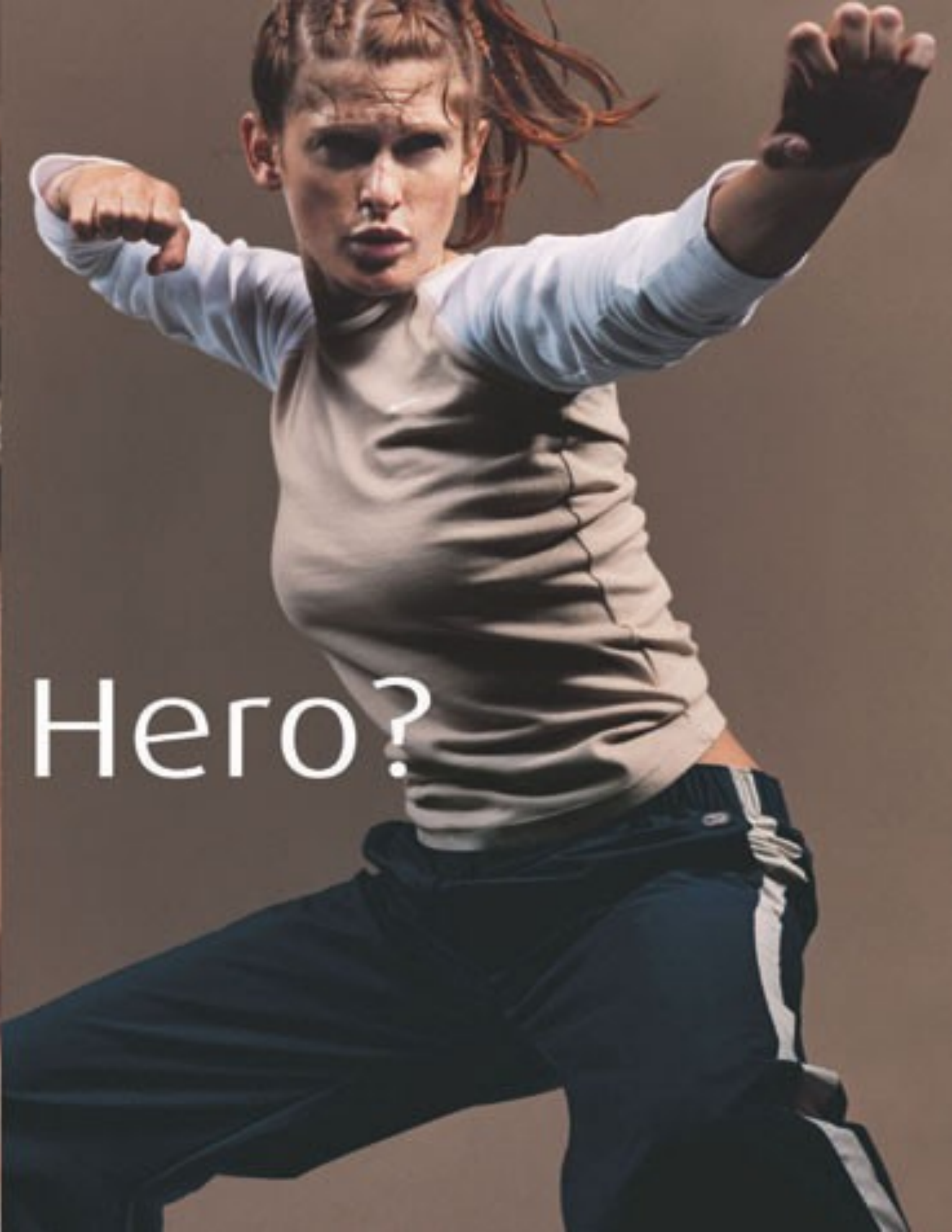
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