

Please Celebrate Responsibly.

As the end of the semester and holiday season get underway, many college students will be celebrating with friends both on and off campus. With new alcohol trends in the eye of the media and being monitored by campus and government officials, students



need to take health and safety factors into consideration as per usual. Popular products like Four Loko, which combine alcohol and caffeine, have

been referred to as a “blackout in a can.” The caffeine acts to mask the effects of alcohol giving users the feeling that they can consume more alcohol than they would have otherwise. Because of the rapid rise in popularity of Four Loko and the awareness of its consequences, health officials will be monitoring its use. The FDA has asked companies to remove the caffeine and other substances from these products. When celebrating with friends, use common sense and as always, please drink responsibly.

<http://www.cnn.com/2010/HEALTH/11/17/alcohol.caffeine.drinks/index.html?iref=allsearch>
http://www.phusionprojects.com/media_reformulation.html

Q: Where do snowmen go to dance?



Programs to look forward to in Spring 2011

- * Love Your Body Week
- * Iron Chef Marquette
- * Spring Break Blitz Health Fair
- * Pink Zone Health Fair

Join us!



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December Newsflush

Alyssa, Annie, Brittany, Caitlin, Kelly, Kevin, Laura, Lauren B., Lauren S., Amy, Becky, Julie

- Healthy Snacks to Fuel for Finals**
- 1 T peanut butter & apple slices
 - 20 almonds and a small box of raisins
 - 6 oz. low-fat or fat-free yogurt, 1/2 c. berries, and 1/4 c. granola
 - Hot chocolate made with low-fat or skim milk and a small oatmeal cookie
- American Dietetic Association, <http://www.eatright.org>



A: Snowballs!

- Get Enough Sleep!**
- * **Create an effective sleep schedule and routine. Be consistent—even during finals!**
 - * **Sleep in a comfortable environment that is conducive to sleep (dark, cool and quiet).**
 - * **Only use your bed for sleep. Try not to study or watch TV in your sleeping environment.**
 - * **Eat at least 2 to 3 hours before you go to sleep.**
 - * **Exercise regularly. Allow at least a few hours in between your workout and bedtime.**
 - * **Avoid caffeine. It can keep you awake.**
 - * **Avoid nicotine which can lead to difficulty falling and staying asleep, as well as waking up in the morning.**
 - * **Avoid alcohol close to bedtime as it can disrupt sleep patterns.**
- “Healthy Sleep Tips” from the National Sleep Foundation
<http://www.sleepfoundation.org/article/sleep-topics/healthy-sleep-tips>



Food for Thought

1. Nutrient density means:
 - a. Eating foods with at least 5 nutrients per 100 calories
 - b. Eating foods with more vitamins, minerals and fiber
 - c. Eating foods with more sugars and fats
 - d. Eating only vegetarian foods
2. Eating calorie-dense foods means:
 - a. Eating foods in which the majority of calories come from fats and sugars
 - b. Eating foods with more vitamins and minerals
 - c. Eating foods with at least 500 calories
 - d. Eating foods that give you more energy
3. Which of the following foods are considered to be nutrient-dense? (may be more than one answer)
 - a. Cakes, cookies, ice cream
 - b. Fruits, vegetables and whole grains
 - c. Fruit shakes and protein shakes
 - d. Lean proteins and low-fat dairy foods
4. Which of the following are benefits associated with eating a nutrient-dense diet?
 - a. Consuming more vitamins and minerals for each calorie consumed
 - b. Assisting in the prevention of chronic disease such as certain cancers and heart disease
 - c. Helping weight management with appetite control
 - d. All of the above
5. Which of the following are ways to eat more nutrient-dense foods in the school dining room?
 - a. Look for meals prepared The Balanced Way
 - b. Add dessert with every meal
 - c. Make sure 50% of your meal contains fruits and vegetables
 - d. Drink more juice

-For quiz answers, visit Sodexo’s website at <http://www.balancemindbodysoul.com>