



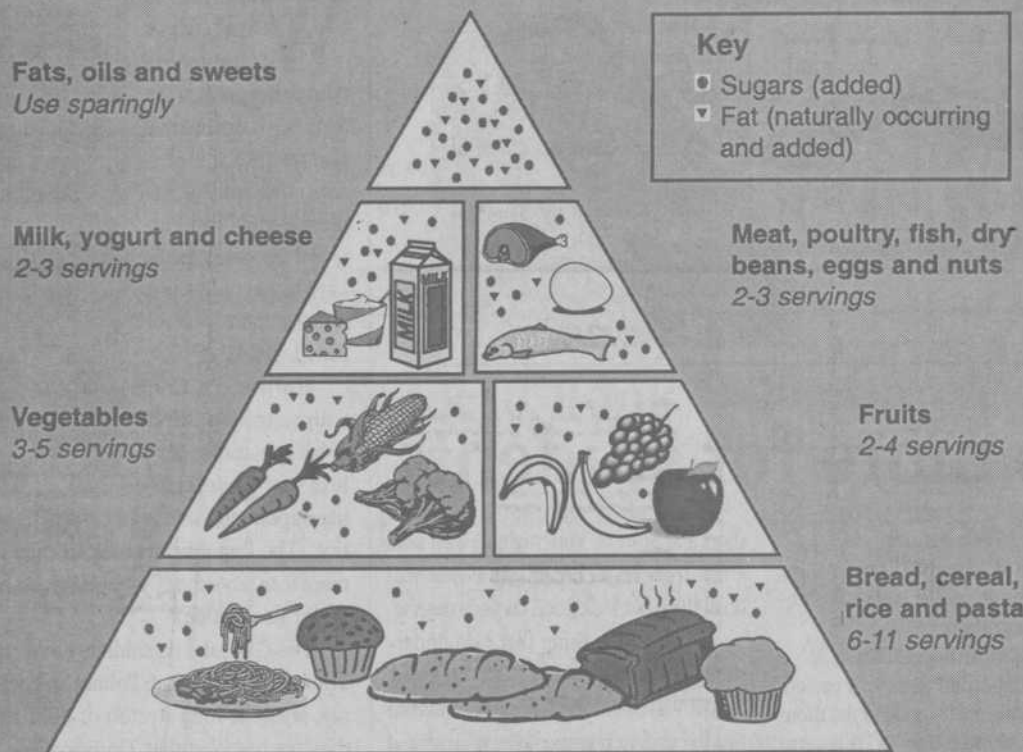
'Your vision will become clear only when you look into your heart.'

- Carl Jung

# A Healthy Balance

## Food Guide Pyramid

These guidelines, created by the U.S. Department of Agriculture, call for a variety of foods and a minimum of fat.



Source: U.S. DEPARTMENT OF AGRICULTURE

## USDA dietary guidelines

- Eat a variety of foods to get the necessary vitamins, minerals and fiber for good health.
- Maintain a healthy weight to reduce the chances of heart disease, cancer and diabetes.
- Use sugars in moderation. A diet with lots of sugars has too many calories and too few nutrients for most people and can contribute to tooth decay.
- If you drink alcoholic beverages, do so in moderation. Alcoholic beverages supply calories, but few or no nutrients.
- Choose a diet low in fat, cholesterol and sodium.

The key to less stress, more energy and better overall fitness is not a fad diet or a bottle of herbal supplements.

The path to feeling great is actually quite navigable, given a few basic rules that many people have probably heard before.

The answer lies in moderate exercise and nutrition, the focus of the American Dietetic Association's National Nutrition Month campaign during March. "It is going to reinforce the importance of nutrition and healthy activity as key components of healthy lifestyle," said Penny Cook, graduate assistant for Open Door Health and Wellness Programs at USC.

One message being incorporated into the campaign is that food is a source of pleasure. Eating wisely doesn't mean avoiding everything that tastes good. "You want to be able to enjoy the food you eat," Cook said.

Not only is it OK to eat a cheeseburger or a candy bar, it's OK to like it. Part of having a healthy lifestyle is having the right outlook, and that includes remembering that eating fatty foods is not a negative thing.

"There are no good or bad foods, just healthy and unhealthy," said Elise Vaughn, director of Campus Wellness Programs at USC.

The key is to eat those fatty foods in moderation. The body needs a certain amount of fat.

"Because of the media, everyone always thinks we don't need fat," Vaughn said.

She said 20 percent to 30 percent of a person's daily food intake should be fats, keeping in mind that fats are sometimes hidden in foods assumed to be fat-free.

The U.S. Food and Drug Administration's food guide pyramid divides food into five groups. Fats and sweets are at the tip of the pyramid, but they're also found throughout the other groups. For example, a few slices of avocado have several fat grams, while most other fruits and vegetables don't.

Avocados are still packed with nutrients, so they shouldn't be avoided, just budgeted into overall food intake. According to the FDA, it's average food intake over a few days that makes a difference. One high-fat meal or one fatty food will be balanced with everything else eaten over the course of a few days.

"There are no forbidden foods," Vaughn said.

Besides fat, the body needs 55 percent to 60 percent of food intake to be carbohydrates. Some carbohydrates are better than others are. Brown rice is better than white rice, and whole-grain bread is better than white bread.

Fifteen percent of the body's food intake should be protein. In the United States, Vaughn said, protein makes up 40 percent of daily intake, on average.

That excess protein has no benefit, as the body just breaks it down. The percentage of needed protein doesn't change much from person to person, even for a bodybuilder.

"Protein doesn't build muscle," Vaughn said.

And the energy athletes need comes mainly from carbohydrates and fats, not protein, she said.

Protein is not hard to find, even for vegetarians. The food guide pyramid has plenty of non-meat sources of protein, such as nuts and beans. Tofu and soy are also good sources.

Following the food guide pyramid is a simple way to maintain good nutrition, and counting calories is rarely necessary. Vaughn suggests learning to identify hunger cues, as the body knows what types of food it needs.

NUTRITION SEE PAGE A9

## CAMPUS NOTES

### Health and Wellness to offer CPR course

Health and Wellness Programs will offer an American Red Cross adult CPR course from 5-9 p.m. March 28 in the Blatt P.E. Center. The class costs \$20. To register, call 777-6518.

### India Night planned for second year

The Indian Cultural Exchange presents its second annual India Night, "Passage to India," at 7 p.m. March 25 at the Richland Northeast High School auditorium. For information, call Mickey Puddan at 794-7132, or e-mail iceusc@hotmail.com.

### Applications available for NAACP positions

The National Association for the Advancement of Colored People will have elections for the 2000-2001 term at 6 p.m. March 30 in Russell House Room 205. Applications are available in the Office of Multicultural Student Affairs and are due there by 5 p.m. March 22. For more information, call Douglas Wilson at 544-4201.

### Omicron Delta Kappa has honor stoles

Omicron Delta Kappa honor stole order forms are available at the Russell House Information Desk and in Student Affairs, Room 112. Forms are due Friday.

### Registration forms due for Clean Carolina

Registration forms are due on Friday to the Student Government Office for Clean Carolina, a campuswide community service project sponsored by Student Government. For more information, call 777-2654.

### Multicultural Affairs to hold Honors Night

The Office of Multicultural Student Affairs will hold Honors Night at 7 p.m. April 13. Applications for awards are available in the Campus Activities Center. For more information, call Talaisha Caldwell at 777-4330.

### McKissick Museum has slave-ship exhibit

Until Dec. 3, the McKissick Museum will have a display of images illustrating the journey of enslaved Africans across the Atlantic.

### CORRECTIONS

The Gamecock strives to report the facts correctly and responsibly. If you come across any inaccuracies in our reportage, please let us know.

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**>>>Backpacking my ASSSSSS!!**  
**If I tried it on my own I'd still be looking for the train station!!**

>>>So I've been back for a week now and miss all you guys terribly. I'll post the pics of all of us soon. Can't believe we did so much and still had leftover cash...what a great deal!!!! Glad we had our fearless tour leader Scotty to guide us in the right direction with no hassles!!!! Reunion in 2000...I vote for South Africa!! Keep in touch, all my new mates, at [contiki.com](http://contiki.com)  
 Love Robbo xxxxxxxxxx

this sort of thing sometimes happens to people who travel with us.

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