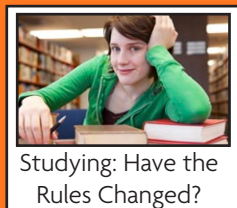
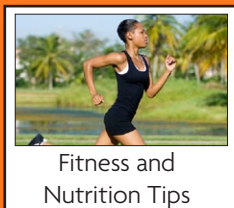


IN THE SEPTEMBER 2011 ISSUE:



Studying: Have the Rules Changed?



Fitness and Nutrition Tips



College Without the Mess



Preparing for a Semester Abroad



Preventing Sexual Assault on Campus

Read *Student Health 101* online and Enter to Win \$1,000
<http://readsh101.com/rochester.html>



Healthier Junk Food?

FAST FOODS are usually loaded with salt, fat, and calories. But you can make some healthful choices.

- Select restaurants that offer salad bars and broiled as well as fried foods.
- Choose baked potato instead of french fries, and go easy on the butter and sour cream.
- Order pizza with extra vegetables rather than extra cheese and avoid sausage, pepperoni, or other fatty meat toppings.
- Avoid "super size" and "value meals"
- Avoid sauces and condiments when you can't control the amount being used.

SNACKS that are healthful can be incorporated into your diet each day. When you reach for a snack, it's often a food's texture, temperature, and other characteristics that are really attracting you.

Do you want something:

- Crunchy or smooth?
- Cold or hot?
- Liquid or solid?
- For nibbling or eating at one sitting?

Select snacks from the healthful snack list as often as possible. Remember, if you are cutting calories, quantity matters even when choosing healthful snacks.

Healthy Snacks

- Plain low-fat yogurt
- Fresh fruits & vegetables (with non-fat dip)
- Toasted whole-grain English muffins, bagels, and bread
- High-fiber flatbreads and crackers
- Unbuttered & unsalted popcorn
- Dry roasted, unsalted nuts
- Raisins & other dried fruit
- Herbal teas
- Baked fruit without sugar
- Ice milk, sherbet, frozen low-fat yogurt
- Skim milk or buttermilk
- Unsweetened fruit & vegetable juices
- Create your own snack mix of no-salt pretzels, raisins, dried cranberries, toasted walnuts, or almonds

Fun & Games

What words or phrases do the following represent?

1.

P P O D

2.

PINEAPPLE
CAKE

Answers from last issue:

1. **Perpetual**; 2. **Haphazard**; 3. **Concourse**; 4. **Insincere**