Goodbye myPyramid. Hello myPlate

There’s a new way to make food choices easier! For years the most knowledgeable dieters, doctors, and health nuts have been encouraging people to follow the food pyramid. Although the idea of the food pyramid was respectable, many people found it difficult to follow and execute. The new “Choose My Plate” was released this past spring with the goal of making food choices easier. It’s pretty simple; just use the picture as your guide. Each food group has its own plate. Are you off the hook? It is recommended that humans should avoid a sedentary lifestyle. Just because exercise is no longer graphically represented doesn’t mean an exercise prescription is imperative when adding them to your plate!

Dairy, and protein, but the saturated fat content is high, so choosing low fat dairy is imperative when adding them to your plate! The “Choose My Plate” website recommends that you eat at least half of your plate. Whole grains are high in calcium & vitamin E. Whole grains- Make at least half of your plate. Each color has a different benefit for your body (Ex: orange fruits and vegetables are high in vitamin A & dark green vegetables have high levels of antioxidants). Beans are cholesterol free & high in fiber. (A question you can ask yourself is “How flat can I squish my tummy?”)

Here are some simple tips to increase the nutritional value of your plate as well as help maintain proper portion sizes:

**COLOR:** The best indicator of a plate that has a wide variety of vitamins, minerals, and antioxidants is by making sure that there are at least three colors from the rainbow on your plate. Each color has a different benefit for your body. For example, fruits and vegetables at least three colors from the rainbow on your plate. Each color has a different benefit for your body (Ex: orange fruits and vegetables are high in vitamin A & dark green vegetables are high in calcium & vitamin E). Whole grains- Make at least half of your plate. Whole grains are high in calcium & vitamin E. Whole grains are high in calcium & vitamin E.

**WHOLE GRAINS-** Make at least half of your grains whole. If you are unsure if the bread you are eating is whole grain, look at the ingredient label for the word WHOLE & avoid the word “enriched”. “Enriched” means that the bread has been strip of its natural benefits such as fiber. A question you can ask yourself is “How flat can I squish this?” More in time-less fibers.

**LOW FAT-** When adding dairy or protein to your plate, add foods that have small amounts of saturated fat. Choose lean meats like chicken, turkey or fish, or meats that have been baked, broiled, or grilled. Beans are a great option as well, not only count as a protein source, but also as a vegetable source because of their high level of antioxidants. Finally, you should aim for 60 minutes of exercise per day. If this seems like a hard task for you, remember anything is better than nothing! Rome wasn’t built in a day & neither will your habits!

Test Yourself: First Aid

Are your first aid skills up to par? Let’s see how you rate.

1. True or false: you should always clean your cuts with hydrogen peroxide.

   False. Hydrogen peroxide may actually harm the tissue and cause it to take longer to heal. The best way to clean a cut is with soap and running water. If a cut is large, deep or bleeding non-stop seek immediate medical attention.

2. True or false: you should always clean your wounds with hydrogen peroxide.

   True. Keeping wounds moist helps them to heal faster. Keep the area clean by applying a thin layer of antibiotic ointment and changing the bandage regularly.

3. Should you pull a bandage off slow or fast?

   Remove bandages slowly to reduce the risk of pulling off a scab or reopening a cut. If the bandage is stuck, soak it in warm water. If you can, pull the bandage in the same direction as your hair growth.

4. If you already have a first aid kit, go you! If you don’t, here are some supplies that you should think about having on hand:

   - hydrocortisone cream-for itchy, red skin irritations
   - antibiotic ointment
   - cold pack
   - anti-diarrheal medicine
   - tweezers & alcohol wipes-for removing and cleaning splinters
   - thermometer
   - adhesive bandages
   - acetaminophen (like Tylenol) or ibuprofen (like Advil)
   - anti-diarrheal medication
   - antacid (for upset stomach)

Scoring: For questions 1-3, give yourself 2 points for each correct answer. Give yourself 3 points if you have a designated first aid kit in your room/apartment. Add an additional 2 points for every item listed above that you already have and an additional 1 point for every item you could find in less than 60 seconds.

30-45 points: You must have been a scout as a kid. You are prepared to handle basic first aid situations.

16-29 points: You didn’t do too bad, but take this opportunity to take note of a few items that may be lacking in your first aid kit.

0-15 points: Take out your phone right now, take a picture of the first aid item list above, catch the first bus across town & stock up.

Positive Party Tips.

1. Be safe, have a plan that includes how to get home. 2. Alternate alcoholic & non-alcoholic drinks. 3. Don’t drink on an empty stomach. 4. Drink water before, during, and after consuming alcohol. 5. Set a limit (no more than 1 drink per hour) and count your drinks (mixed drinks may be equal to 2 or more drinks). 6. Remember, most people overestimate how much other people are drinking. 7. Keep an eye on your drink. 8. Avoid drinking games-the rapid intake of alcohol is dangerous. 9. Don’t drink to cope. Alcohol makes your body more stressed and less able to deal with what is already stressing you. 10. Remember, it’s always OK not to drink.

The Potty Press Online

After reading this issue’s articles you can go to The Potty Press online and enter to win a Red Dragon Bookstore gift card by answering a few simple questions based on what you read.

Phone Addiction

Addictions can be both physical (eg drugs & alcohol) or behavioral (gambling, sex). While symptoms vary, addictions are both maladaptive and persistent. As humans, we are evolving and adapting to technology at a very fast pace. Additionally, our gadgets come well-equipped to condition us to respond. How long do you wait after you hear a text come in before checking it?

When you get a text from someone that you like getting texts from your brain gets a little squirt of dopamine, one of the “happy” neurotransmitters. After awhile you become like Pavlov’s dog, you hear the “ding” and you immediately get that “happy” feeling and thus a positive reinforcer for checking your text message. Signs that you may be addicted: Using your cell phone when you know you should be doing your academic work. "It’s not fair to our students," she says, "You can’t do both." And the手机 is a mere 4 inches long. 6. Remember, most people overestimate how much other people are drinking. 7. Keep an eye on your drink. 8. Avoid drinking games-the rapid intake of alcohol is dangerous. 9. Don’t drink to cope. Alcohol makes your body more stressed and less able to deal with what is already stressing you. 10. Remember, it’s always OK not to drink.

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Get to the quiz by going to www.oneonta.edu and entering “Potty Press” in the home page search engine or use the QR code provided here.

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