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BROUGHT TO YOU BY: UCR PREVENTIVE CARE ADVOCATES

Health 101

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

~World Health Organization, 1948



Healthy Holiday Eating Thanksgiving Tips

Thanksgiving is just around the corner. Here are some tips on how to eat health during dinner without much sacrifice.

Don't go to the Thanksgiving dinner hungry: we often deprive ourselves of food all thanksgiving day, waiting for that delicious dinner. Make sure you eat a wholesome breakfast and lunch to avoid overeating at dinner time.

Don't make Thanksgiving dinner an all-you-can-eat-buffet: Fill your plate half with vegetables, one quarter with a lean meat and the rest with a starch of your choice. Eat slowly and stop when you are full.

Side Dishes - watch your portion size: go for smaller portions. This way you can sample all the different foods. Moderation is always the key.

Drink plenty of water: alcohol and coffee can dehydrate your body. Drink calorie-free water to help fill up your stomach and keep you hydrated.

For more information refer to:
<http://www.healthcastle.com/holiday-eating-healthy-thanksgiving.shtml>

UCR Campus Resources

Here are few campus resources to improve your wellness.

Intramural Teams: First you have to pick up a team entry form from the Intramural Sports office. If you have enough players to make your own team, fill out the Team Entry Form and bring it back with you. The office will walk you through the process from there. Free Agents: If you don't have a team, you can register as a free agent by stopping by the IM's office for any team sport that the Intramural program offers. The Intramural Sports program does not form teams. The following options are available for individuals looking for a team: 1) Stop by and pick up a free agent pass that allows you to sign up on anyone's team up until the 4th week of play 2) Attend a captain's meeting to meet team captains and advertise yourself as a free agent to teams looking for players and 3) Wait

for a team captain to contact you. For more information, please contact the Intramural Office at (951) 827-7039 or e-mail Kevin Martin @ Kevin.Martin@ucr.edu For more information and locations, contact the Intramural Office at 951-827-7039 or e-mail Intramural Director Kevin Martin.

Counseling Center: With midterms all around and finals around the corner, meditation is a great way to relax and physically prepare for the stress of the season. Be sure to check out the counseling centers new fall class. For the fall quarter the counseling center is offering a free weekly meditation and relaxation class at the Student Recreation Center, it is drop in on Wednesdays from 12:15pm - 1pm and will be available from October 7-December 2.

Fun Facts:

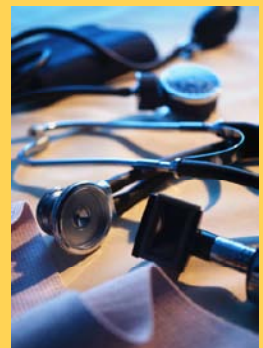
35,000 people in the U.S. will die from the flu annually.

A person will burn 7 percent more calories if they walk on hard dirt compared to pavement.

About half of all Americans are on a diet on any given day.

A sneeze can travel as fast as 100 miles per hour.

During a typical human life span, the human heart will beat approximately 2.5 billion times.



www.funfactz.com

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This or That!

Many students are unaware of the nutritional content of many accessible foods on campus. Here is a comparison of two popular food items available in the HUB.

Hamburger

1 Serving- 540 Calories

24 g protein

45g Carbohydrates

29 g Fat



Veggie Burger

1 Serving: 390 Calories

15 g Protein

65 g Carbohydrates

2 g Fat

Additional Nutritional Information Can Be Found At www.dining.ucr.edu

Reynaldo's Recipe

Orange Chicken

4 boneless skinless chicken
breasts

1/2 cup Cooked rice

1/4 teaspoon Finely
shredded orange peel

1 dash ground cinnamon

1/2 cup Orange juice

1 1/2 teaspoon Cornstarch

2 tablespoons Broken walnut
meats



Place chicken breast between two pieces of clear plastic wrap. Working from the center to the edges, pound lightly with a meat mallet, forming a rectangle about 1/8-inch thick. Remove plastic wrap. Sprinkle chicken with salt to taste. In a small bowl stir together cooked rice, shredded orange peel, and ground cinnamon. Spoon half of the rice orange peel mixture atop one chicken breast portion, spreading it to within 1/4-inch of the edges. Fold in sides, roll up jelly-roll style, starting with one end. Repeat with the remaining rice-orange peel mixture and chicken portion. Place chicken rolls, seam side down, in a shallow baking dish. Cover with vented clear plastic wrap. Micro-cook the chicken rolls, covered, on 50% power for 7 to 8 minutes or till chicken is tender, rotating dish a half-turn after 4 minutes. Transfer chicken rolls to a serving platter. For orange sauce, in a 1-cup measure stir together orange juice and cornstarch. Micro-cook, uncovered, on 100% power for 1 1/2 to 2 minutes or till mixture is thickened and bubbly, stirring every 20 seconds. Stir in broken walnut meats. Spoon the orange sauce atop the chicken rolls on the serving platter. This recipe from CDKitchen for Orange Chicken, Servings: 2

Meet This Month's PCA

Name: Michelle Ahn
Year: 2nd
Major: Psychology
Favorite Food: Sushi

Michelle is looking forward to raising awareness about breast cancer, and flu prevention

November is American Diabetes Month

Diabetes has been one of the most prevalent diseases today. There are two types of diabetes, one being more common than the other. Type 1 Diabetes is the result of the destruction of insulin producing beta cells in the pancreas. Some of the symptoms include excessive urination and excessive fluid intake. Other symptoms may consist of weight loss, sores that heal slowly, dry and itchy skin, numbness, and blurry eyesight. This particular disease is considered fatal unless the patient is treated with the injection of insulin.

Type 2 Diabetes is the more prevalent disease, otherwise known as a disorder created by high glucose through the resistance of insulin. Higher than normal levels of sugar in the blood can lead to damage of the eyes, gums, hands, feet, and heart. Some of the symptoms include excessive urination and increased fluid intake. Other symptoms may consist of blurred vision, weight loss, and lethargy. This disease can be prevented through proper nutrition and regular exercise. Maintaining a healthy weight, eating a diet high in fruits and vegetables, and avoiding sugary drinks are some important preventive steps.



We're on the Web!

See us at:

www.campushealthcenter.ucr.edu

or

Join our Facebook

UCR Preventive Care
Advocates

Raise Your Awareness: Lung Disease

Lung cancer is one of the most common forms of cancer in the U.S. By definition it is the uncontrolled growth of abnormal cells in the lung. Two main types of lung cancer include: Non-Small Cell Lung Cancer, and Small Cell Lung Cancer. Some symptoms of lung cancer are; coughing, pain in the chest, shoulder, or back unrelated pain from coughing, shortness of breath, changes in the voice or being harsh, harsh sounds with each breath, and recurrent lung problems, such as bronchitis or pneumonia. Risks include: about 90% of lung cancer arises from tobacco use, about 25% of nonsmokers who develop lung, and smoking one marijuana cigarette may affect the lungs as much as smoking a pack of cigarettes. **One of the best forms of prevention is not to smoke and to avoid secondhand smoke.**