



### SPECIAL EVENT!

**America Recycles Day:  
Mega Recycling Event  
November 19  
8:00 a.m. to 1:00 p.m.**

**Illinois Wesleyan University  
Shirk Center Parking Lot**

IWU Wellness and the Ecology Action Center want to help make recycling easier for you on America Recycles Day. While most families recycle the usual—plastic food containers, glass bottles, newspapers, and such, what about other items?

Well, for one day only, you can recycle 'the other' recyclables **all in one place, all at the same time.**

Bring us your:

- Electronics
- Compact fluorescent Bulbs (CFLs)
- Household Batteries (alkaline, watch batteries, rechargeable batteries)
- Clothes and textiles (usable or not)
- Shoes (usable or not)
- Plastic Garden Pots

Licensed recyclers will properly recycle all these items. Please **DO NOT** bring any household hazardous waste items—chemicals, paints, automotive fluids, car batteries, tires, pesticides, fertilizers, etc. These items cannot be accepted at this event but must wait for a future household hazardous waste collection event. If you have any questions about acceptable items or household hazardous waste, please contact the Ecology Action Center at (309) 454-3169.

[www.iwu.edu/~wellness](http://www.iwu.edu/~wellness)

# HEALTH wise

OCT 2011

## THE SAFER PATH

# What Should We Eat? Food Rules We Can Digest

By Laurine Brown

Today there is no shortage of food and nutrition advice. Despite this (or maybe because of this) Americans seem more confused than ever about “what to eat.” Our government’s newly released *MyPlate* food guide attempts to remedy this. It simplifies the much maligned *Food Pyramid* icon, which guided our national eating for nearly 20 years, into a dinner table graphic: **A plate, a fork, a glass.** Five words: **Vegetables, Fruits, Grains, Protein, Dairy.** And a message: **ChooseMyPlate.gov.** The Website offers more specific guidance, asking us to watch our portions, increase our fruits, veggies, and whole grains while switching to skim milk, and to cut back on sodium and sugary drinks.

Government food models offering dietary advice have been around for nearly 100 years, including the *Basic Seven* (1940s), *Basic Four* (1950s), *Food Guide Pyramid* (1990s), and most recently *My Plate* (2011). The guides, developed by the U.S. Department of Agriculture, have always been a compromise between what’s best for Americans’ health, and what’s best for American agriculture and food industries. While many agree that the new *MyPlate* icon is superior to its pyramid cousin, it still has its share of critics, especially when the reported \$2 billion price tag is considered. Mocking its simplicity, one internet artist superimposed *MyPlate* icon partitions with: **“Animals. Plants. Water. It’s Not That Hard, people.”**

They’ve got a point. As humans, we have been feeding ourselves for millions of years. The U.S. government has been telling us what to eat for only 100 years. Shouldn’t we know what to eat?

To our credit, over the early part of

the past century we solved many debilitating nutritional problems plaguing Americans. For example, *pellagra*, *scurvy*, *ricketts*, and *goiter* have all but disappeared in the U.S., thanks to technologies like food fortification and a more plentiful food supply for nutrients like B-vitamins, vitamin C and D and iodine. But as we cured diseases of under-nutrition, we usher in chronic diseases—like diabetes, heart disease, obesity—that were fueled by overeating and our modern “western diet.” Our eating environment changed. Portion sizes exploded. And, with the aid of modern technology, a bounty of highly processed foods hit supermarket shelves. Today over \$30 billion in annual food ads convinces us that many nutritionally-dubious foods are based on the latest science, rivaling time-tested nature-made foods dished up by our grandparents. Most of these processed foods don’t fit neatly on *MyPlate*, or any other USDA guide for that matter. No wonder we’re confused. Historically, only 2 percent of food ad budgets promote foods like veggies, fruits and whole grains. Food marketing works.

— CONTINUED ON PAGE 2



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## WHAT SHOULD WE EAT — CONTINUED FROM PAGE 1

Thus, we shouldn't be surprised to learn that 80-90 percent of Americans don't eat enough fruit or vegetables, and 99 percent fall short on whole grains.

While government food guides like *MyPlate* can begin to help us portion our plates, we really need help, says food author Michael Pollan, maneuvering the confusing inner aisles of our grocery stores stocked with those nutritionally dubious "edible-food-like substances" and our unhealthy 24/7 eating environment. His new book, "**Food Rules: An Eater's Manual**" assembles 64 memorable food rules, distilled from kitchen table wisdom around the world. He reminds us of WHAT to eat (*real food, mostly plants*), but also HOW to eat (*not too much*). Here is a sampling:

- **Don't eat anything your great-grandmother wouldn't recognize as food.** Ask why you should eat portable Go-Gurt tubes, or items with 15 ingredients you can't pronounce.

- **Eat only foods that will eventually rot.** Take Twinkies...processing helps extend shelf life by removing things that creatures, like insects or bacteria, want (often nutrients, like omega-3-fatty acids). If other creatures can't thrive on it, how can we?

- **If it came from a plant, eat it; if it was made in a plant, don't.**

- **Don't eat breakfast cereals that change the color of the milk.** No further comment needed.

- **Pay more. Eat less.** Or as our grandmothers used to say, "*better to pay the grocer than the doctor.*"

- **Stop eating before you're full.** The Japanese have a saying "*hara hachi bu,*" meaning "*stop eating when 80 percent full.*" Germans say "*tie off the sack before it is full.*" And, instead of saying "I'm full" as Americans do, the French say a very different "*I have no more hunger.*"

- **The banquet is in the first bite.** Economists call this the law of diminishing marginal utility.

- **Buy smaller plates and glasses.** Larger portions cause us to eat upwards of 30 percent more. Simply switching from a 12-inch to a 10-inch dinner plate can lower consumption by 22 percent.

- **Don't get your fuel from the same place your car does.** Aside from bread and milk, gas stations primarily sell highly processed imperishable snack foods and supersized sweetened soft drinks.

- **Do all your eating at a table.** No, a desk is not a table. If we eat while watching TV or driving we eat mindlessly, often consuming more calories than if we were eating at a table.

Fortunately, we humans are highly adaptable, and can survive and even thrive on a range of diets... except for the highly processed new (in evolutionary terms) "western diet." Eating doesn't have to be complicated, but your choices matter. How will you set your table, portion off your plate, and feed yourself?

References available at [www.iwu.edu/~wellness](http://www.iwu.edu/~wellness)

## NUTRITION BITES

### The Ancient Grain Known as Farro

Farro is a grain that's been enjoyed since ancient times. It's high in fiber, protein (a whopping 17-19%) nutrients, is non-GMO and absolutely delicious—nutty, full-flavored and with an appealingly chewy texture.

With a growing number of people learning they are sensitive or intolerant to gluten, it is important to note farro is not gluten-free, but it is considerably lower in gluten than wheat. Because it has not been bred over thousands of years for maximum yield and other qualities, it is more easily digestible by the human body than most other forms of wheat. If you have a relatively mild gluten sensitivity, farro may work for you. Check with your doctor.

Farro is quite versatile. It works as the basis for a robust, meal-in-itself, salad, or a simple side dish. It cooks up beautifully, retaining a chewy texture and nutty flavor, and works well with robust flavors like red wine, wild mushrooms, onions and also meat.

Source: <http://chefshop.com/Farro-Emmer-Organic-P6425.aspx>

## Recipe of the Month

### Pork with Figs and Farro



$\frac{2}{3}$  cup uncooked farro (if you can't find farro can substitute wheat berries)

1 (3-inch) cinnamon stick  
 $1\frac{1}{2}$  tablespoons olive oil, divided

$\frac{3}{4}$  cup minced onion

1 garlic clove, minced

$\frac{1}{2}$  cup chopped dried figs

$\frac{1}{4}$  cup chopped fresh flat-leaf parsley

$1\frac{1}{4}$  teaspoons kosher salt, divided

$\frac{3}{4}$  teaspoon freshly ground black pepper divided

1 teaspoon sherry vinegar

$\frac{1}{8}$  teaspoon ground allspice

$\frac{1}{8}$  teaspoon ground cloves

1 egg, lightly beaten

2 (1-pound) pork tenderloins, trimmed

1. Combine first 3 ingredients in a saucepan; bring to a boil. Cover and simmer 20 minutes or until tender. Drain; discard cinnamon stick.
2. Heat  $1\frac{1}{2}$  teaspoons olive oil in a medium skillet over medium heat. Add onion; sauté 6 minutes or until tender. Add garlic; sauté 1 minute, stirring constantly.
3. Combine farro, onion mixture, figs parsley,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon pepper, and the next 4 ingredients (through egg) in a medium bowl.
4. Preheat oven to 425°.
5. Slice pork lengthwise, cutting to, but not through, other side. Open halves. Place pork between sheets of plastic wrap; pound to  $\frac{1}{4}$  inch. Top pork with farro and leave  $\frac{1}{2}$  -inch border. Roll,

starting with long side; secure pork with picks.

6. Sprinkle the pork evenly with  $\frac{3}{4}$  teaspoon salt and  $\frac{1}{2}$  teaspoon pepper. Heat 1 tablespoon olive oil in a large ovenproof skillet. Add pork; cook for 6 minutes, browning all sides. Place pan in oven; bake pork at 425° for 15 minutes or until a thermometer register 145°. Remove pork from pan; let stand 5 minutes. Slice and enjoy!

Source: *Cooking Light*, September 2011

## Eating to Lower Cholesterol

If your cholesterol is on the high side, you may be able to help bring it down with a diet that includes nuts, whole soy foods and high fiber foods. The latter includes vegetables, and breads and cereals containing whole grains like oats and barley. A study published in the August 24/31 issue of the *Journal of the American Medical Association* showed that this "portfolio" diet yielded better cholesterol-lowering effects than the low fat diet that has been traditionally recommended to bring down high levels of LDL ("bad" cholesterol). Study participants on the portfolio diet lowered their LDL by more than 13 percent, compared to only a three percent reduction among participants who followed a low-fat diet. Essentially, on the "portfolio" diet, participants replaced sources of saturated fat such as red meat and dairy products with foods that provide healthy fats, namely nuts and soy products. The diet also calls for substituting plant sterol enriched margarine for butter.

Dr. Andrew Weil's take on the "portfolio" diet. "I've long recommended including nuts and whole soy based protein (instead of animal protein) in your diet if you're trying to lower your cholesterol. I also think it's a good idea to reduce the amount of sugar and flour in your diet when you're trying to bring down your cholesterol. Recent evidence indicates that added sugar—in the form of table sugar (sucrose) or high-fructose corn syrup—is probably a greater contributor to heart disease than is saturated fat. I disagree with the inclusion of margarine in the "portfolio" diet and discourage its use in general because the highly processed fats it contains promote inflammation, cancer and damage to the immune system. The monounsaturated fat found in olive oil and nuts is the healthiest fat of all and the type I recommend that you rely on the most, whether or not you're trying to lower your cholesterol."

Source: <http://www.drweil.com/>

## FALL HEALTH SCREENINGS and FLU CLINIC

### Cholesterol, Blood Lipids, Metabolic Panel, Iron & PSA Screening

**Tuesday, Oct. 18, 7:30-9:00 a.m.**

**Davidson Room, Memorial Center**

The following screenings will be available for employees of Illinois Wesleyan who are participants in the health insurance plan.

If you would like to participate in the screening, you will need to **reserve a space** by calling the Wellness office at **556-3334**, no later than Wednesday, Oct. 12.

Participants of the IWU health plan are covered for these services. If you or immediate family members are not insured by IWU and wish to participate in the screening, payment is required at the time of the service.

### Cholesterol and Lipid Panel

*A 12-hour fast, nothing to eat or drink except water, is required prior to the Cholesterol and Lipid Panel.*

**Blood Pressure Screening:** If you have not had your blood pressure checked recently, please take a moment to update yourself on this information. You can do it in less time than it takes to call a friend for lunch.

*Note: The results of all screenings are strictly confidential and may be sent directly to your physician, if requested at the time of service.*

## On-Site Digital Mammography

**Wednesday, Dec. 7, 2011**

A routine exam by a health professional, plus monthly self-exams and mammograms at the appropriate intervals for your age, are good ways to check the health of your breasts and to detect problems early. The earlier a problem is detected, the more easily and successfully it can be treated.

Women's Health at Methodist Medical Center offers an invaluable service, On-Site Digital Mammography. They have come to the Illinois Wesleyan Campus for almost two decades offering a convenient screening program.

The Service includes the screening and radiology report, which is then sent to your personal physician for evaluation. A physician's referral is required to participate in this service if you are under the age of 40.

This service is covered under the IWU health plan; if you are a participant there is no charge.

**For more information, or to make an appointment, please call Wellness at 556-3334.**

**Appointments will be made from 8:30 a.m.-3:00 p.m.**

## On-site Flu Shot Clinic

**Thursday, Nov. 17, 10 a.m. – 3:00 p.m.**

**Faculty-Staff Lounge, Memorial Center**

IWU will once again be sponsoring a clinic for seasonal flu shots for faculty, staff, retirees and dependents.

As an employee participating in the IWU health insurance plan, the cost of the flu shot will be processed through the plan at no cost to you. Your dependents, age 18 years and older, are also eligible for a flu shot. If dependents are covered by the IWU health insurance plan, there is no cost.

If you or your dependents are not covered by the IWU health insurance plan, the cost is \$25.00 and is payable by check or cash (must be exact change) at the time of the shot.

*This is a walk-in screening, no appointment necessary.*

## Fourth Annual Wellness Chili Cook-Off!

**Tuesday Oct. 25, 2011**

**Hansen Student Center on Center Court**

**11:30 a.m.-1:00 p.m.**

*"Wish I had time for just one more bowl of chili."*

Alleged dying words of Kit Carson (1809-1868),  
Frontiers Man and Mountain Man

It's Chili season, and that means it's time for our annual Chili Cook-Off! As usual, this will be a friendly competition to see who can create the finest chili at IWU. **This year's winner will receive a \$50 gift certificate to the restaurant of their choice!** Bring out your best in a crock-pot to keep it warm, and extra fixin's if so inclined.

**Register to participate by Friday, Oct. 21!**

**Email [wellness@iwu.edu](mailto:wellness@iwu.edu) or call 3334.**

## WELLNESS WORKSHOP

### Adult CPR Certification

**Monday, Oct. 17, 5:45-7:45 p.m.**

**Shirk North Classroom**

The Wellness Program will be offering Adult CPR training again this fall. Please let us know if you are also interested in receiving child and infant certification.

*Please contact Wellness to reserve a space at 556-3334 or [wellness@iwu.edu](mailto:wellness@iwu.edu). Family members are welcome to participate in this session, space permitting.*

## HEALTH STUFF AND MORE

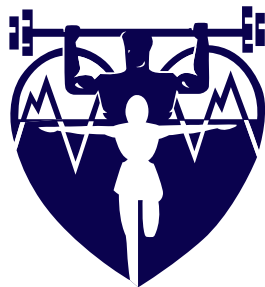
### Exercise for 15 Minutes a Day:

#### Live Longer.

Here's more evidence that even a little bit of exercise can make a big difference to your health. Researchers in Taiwan followed more than 400,000 people for an average of eight years and found that 15 minutes of exercise daily can boost life expectancy by three years. Compared to inactive individuals, participants who exercised for just under 15 minutes per day were 14 percent less likely to die from any cause during the eight years of the study, and 10 percent less likely to die of cancer. Beyond that, each additional 15 minutes of daily exercise lowered the risk of death — from any cause — by four percent, and the extra physical activity cut the risk of death from cancer by one percent. Earlier this month, a review published online in *Circulation* showed that people who get 150 minutes of moderate exercise per week reduce their risk of heart disease by 14 percent compared to inactive people, and that exercising five hours per week can lower heart disease risk by as much as 20 percent. The new study from Taiwan was published online on August 15 by *The Lancet*.

### Should You Go Gluten-Free?

Saying goodbye to gluten is becoming a popular dietary choice. In recent years, several celebrities have publicly credited their



health successes to going gluten-free.

Should you go gluten-free too? Not so fast, experts caution.

Adopting a gluten-free diet is a necessary lifetime commitment for those diagnosed with celiac disease. But if you haven't been diagnosed with this digestive condition, ridding your diet of gluten may do more harm than good.

For example, many gluten-free products lack important nutrients. In addition, a small study found that when healthy adults went gluten-free, the amount of "good" bacteria decreased, while unhealthy bacteria increased.

If you think you have a gluten sensitivity or intolerance, talk with your doctor instead of trying out a gluten-free diet on your own. One reason: If you're avoiding gluten, and are then tested for celiac disease, the test will not be accurate.

### Common signs and symptoms of celiac disease include:

- Abdominal pains
- Bloating and gas
- Diarrhea
- Stools that float or smell very bad
- Weight loss
- Unexplained joint and muscle pain

If you're experiencing these symptoms, talk to your doctor about whether you should be tested for celiac disease. Your doctor may ask you what symptoms you have, how long you've had them and if you have a family history of celiac disease.