



# Your Health

A newsletter dedicated to student health issues  
at Minnesota State University, Mankato  
Winter 2005



## New Dietary Guidelines for Americans

The U.S. Department of Health and Human Services recently released the sixth edition of Dietary Guidelines for Americans. This document is the Federal Government's science-based advice to promote health and reduce the risk of chronic disease through nutrition and physical activity. Because almost two-thirds of Americans are overweight or obese, and more than half get too little physical activity, the 2005 Guidelines place a stronger emphasis on calorie control and physical activity. The full document is a whopping 70 pages and contains information ranging from weight management to carbohydrates to food safety. Luckily for those that don't have the time or inclination to read all 70 pages, the new guidelines have been grouped into nine general topics with easy-to-understand explanations.

Some of the guideline changes that are notable for college students include explicit recommendations for physical activity: to reduce the risk of chronic disease in adulthood, engage in at least 30 minutes of moderate-intensity physical activity on most days of the week. For those attempting to lose weight, the recommendation for physical activity is to participate in 60 minutes of moderate- to vigorous-intensity activity on most days of the week. If you want to keep off pounds you've lost, the guidelines recommend at least 60 to 90 minutes of daily moderate-intensity physical activity.

Guidelines from the "Food Groups to Encourage" category include recommendations for most adults to find room in their diet for two cups of fruit, two-and-a-half cups vegetables, 3 cups of fat-free or low-fat milk or a milk equivalent, and 3 or more ounce-equivalents of whole grain products within approximately 2000 calories.

In light of the recent explosion of Atkins-type eating patterns (low-carb, high fat), one of the most interesting topic sections of the dietary guidelines discusses fat. Consumers are encouraged to get less than 10 percent of daily calories from saturated fatty acids and keep consumption of trans fatty acids as low as possible. Total fat intake should be approximately 20 to 35 percent of calorie intake with most of the fat calories coming from sources such as fish, nuts, and vegetable oils.



The full Dietary Guidelines for Americans report with a downloadable consumer brochure is available at [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)

## Headache Self-Management Tips

- Dietary supplements of magnesium (500 - 750 mg.) and riboflavin can help those suffering from frequent or daily headaches.
- Maintain a regular sleep/wake cycle.
- Use hot or cold packs to lessen the pain of headaches.
- Diaphragm breathing can promote muscle relaxation. Slowly inhale through the nose and slowly exhale through the mouth.
- Studies suggest that massage can decrease headache frequency and increase body awareness.
- Two ancient treatments for pain relief, acupuncture and acupressure, appear to work by stimulating the release of endorphins, the body's natural pain killing substance.
- Regular exercise can reduce the frequency and severity of headaches.

Source: National Headache Foundation

## Vending Machine Snack Guide

If you are like most college students, vending machines can be a significant source of food and calories when on campus. The selection in machines can be overwhelming and much of what is available can have too much sugar, saturated fat, and trans fatty acids and not enough healthy ingredients your body needs. The following guide can be used to help make healthier selections.

### Best Choices

vegetable juices  
water  
almonds

100% fruit juices  
whole wheat snack crackers  
trail mix with raisins  
apple sauce  
fresh fruit  
vanilla wafers

### Good Choices

baked chips  
power/sports bars  
sunflower seeds  
breakfast fruit bars  
Chex mix  
sports drinks  
popcorn

### Choices to Limit

candy  
carbonated beverages  
snack cakes  
chips  
10% fruit juice drinks



## "Dude...Where's My Waist??"

What do Smirnoff Ice, Bacardi Silver, Mike's Hard Lemonade and a Krispy Kreme glazed donut have in common? Believe it or not they all have about the same amount of calories. Actually, the donut "weighs" in with the least amount of calories: 200. One Smirnoff Ice contains 228 calories, 12 ounces of Bacardi Silver contains 225 calories, and a bottle of Mike's Hard Lemonade has 220. According to the Center for Science in the Public Interest, two out of three Americans say they're surprised by the calorie content in beverages like Smirnoff Ice and many say they would drink fewer "alcopops" and alcohol in general if they were provided with calorie information (information that is not typically found on the label). For the college student who chooses to drink four 12-ounce bottles of Skyy Blue when they party, the alcohol calories consumed during the evening are nearly equivalent to the calories in two slices of Domino's Deep Dish Meatzza or 6 1/2 Hostess Twinkies. Going out two nights a week and having four bottles of Skyy Blue each time puts the calorie count \* up at around 2,200--the calorie equivalent of what many adults need for an entire day. Alcohol calories the body doesn't need are stored as body fat (they don't call it a beer belly for nothing!). In March, researchers from the Centers for Disease Control and Prevention announced that obesity is fast becoming the leading cause of death in the United States and the U.S. Department of Health and Human Services recently released new dietary guidelines that place an emphasis on calorie control (see article on front side). Alcohol can be part of a healthy diet, especially when the consumer can make choices based on label information.



For more information about calories in alcohol visit the Center for Science in the Public Interest online at: <http://cspinet.org/alcopops/>

## Herpes Fast Facts

- Herpes simplex virus is part of a larger family of viruses. Other members of the family cause chicken pox, shingles and mononucleosis.
- More than 20 percent of the U.S. population has Herpes Simplex Virus-2, the usual cause of genital herpes. Sixty-six percent of the population has Herpes Simplex Virus-1, the usual cause of oral herpes (commonly called cold sores or fever blisters).
- There is no cure for herpes, but antiviral medication can control symptoms and reduce the frequency of viral shedding.
- Signs of infection can range from blisters to sores to rashes and small cuts. Symptoms include itching, tingling and local pain. Because the symptoms vary dramatically from person to person, many people--including health care providers--don't recognize when a person has herpes.
- New, accurate blood tests are available for both HSV-1 and HSV-2. These tests are called "type-specific."
- Most women with genital herpes have healthy babies and normal vaginal deliveries. HSV can cause neonatal herpes, a rare, but life-threatening disease. Out of 4 million births in the United States each year, less than 0.1 percent of babies contract neonatal herpes.
- Condoms can reduce the risk of genital herpes, but they do not protect 100 percent against transmission.
- New genital herpes infections can result from sexual contact such as penile-vaginal intercourse, oral-genital sex and anal intercourse. Herpes may also be spread through intimate body-to-body contact that doesn't involve penetrative sex.
- The possibility that herpes will be spread from one person to another exists at times when there is "viral shedding"--times when no noticeable outbreak symptoms are present.
- 90% of Americans with genital herpes are unaware of their infection.

For additional herpes information and resources visit the American Social Health Association web site at [www.ashastd.org](http://www.ashastd.org)

MSU  
STUDENT  
HEALTH  
SERVICES

APPOINTMENTS  
&  
INFORMATION  
389-276

HEALTH  
EDUCATION  
389-5689

PHARMACY  
389-2483

NURSE LINE  
389-6710

OR VISIT US AT:  
[www.mnsu.edu/shs/](http://www.mnsu.edu/shs/)

Real Doctors.  
Real Nurses.  
Real Convenience  
on Campus.

Carkoski Commons  
Lower Level

