

Friday, March 1, 1991

The Battalion

Healthy habits

Low-calorie snacks, realistic goals make weight loss easier

Connie Chitwood is a dietetic intern at the A.P. Beutel Health Center.

By Connie Chitwood

With Spring Break '91 fast approaching, many spring breakers are starting to think about losing weight to look great in time for the beaches of Galveston or slopes of Colorado.

If you've ever starved yourself, jogged, done aerobics or lifted weights in the hope of shedding 20 pounds before spring break, you know how frustrating this "vacation" can be.

I have a few tips to help you with losing weight and with other basic problems associated with this time of the year.

Most problems arise when we set unrealistic expectations. For instance, how often have you begun the spring semester with, "From now on I will always ..." or "I will never ..."

By using these types of phrases, we set ourselves up for failure before we even have a chance to attack that extra five pounds. We rarely are able to totally change habits that we have developed over time.

Probably the No. 1 expectation for most of us deals with losing weight or exercising before spring break. Average American college students gain 4 to 6 pounds when they return to school.

Most of us realize we need to exercise to lose weight. So we promise ourselves that we'll walk, bike, jog or play tennis EVERYDAY once spring begins.

For those of you, however, who haven't started your annual spring exercise routine, don't despair. Here are some tips to help.

Let's face it. Snacking is an important part of our daily dietary intake. Most students don't have the time or inclination to fix elaborate

meals. Consequently, some of our "fast food" selections are high in fat and calories.

The following foods are examples of high-calorie foods and some lower-calorie snacks that you can substitute for them instead.

High-calorie snacks: Milkshakes, ice cream, chips, cookies, cakes, doughnuts, fast food, candy, brownies, pastries, pies and fried foods.

Lower-calorie snacks: Frozen yogurt, regular yogurt, pretzels, plain popcorn, bagels, Melba toast, rice cakes, fresh fruit, fresh vegetables, ginger snaps, vanilla wafers, animal crackers and angel food cake.

Remember, set realistic goals. If you are planning to lose weight, don't set yourself up for failure by expecting to lose 20 pounds in two weeks. It's more realistic to expect to lose 4 to 8 pounds safely in a month. Instead of saying, "I'll never eat a cookie again," just say "I'll eat one cookie a week."

Eat a variety of foods from the basic four food groups. Limit your intake of high-calorie foods. If you need further counseling or a meal plan, check with your physician or contact nutrition specialist Jane Cohen at the health center.

Exercise also is important. Did you know that:

- it takes 30 to 35 minutes of brisk walking to burn off calories from ONE glazed doughnut.
- it takes one and a half hours to burn off the calories of two slices of combination pizza.
- it takes 30 minutes of cycling to burn off the calories from ONE beer.

However, don't plan on working out for two hours every day. Set a reasonable exercise schedule.

In closing, remember, don't be too hard on yourself. By decreasing your intake of high-calorie snacks and exercising more, you'll look great for spring break.

Yolks in suspense

A crowd gathers in the lobby of Zachry to watch Trey Nash, a senior electrical engineering major from Dallas, drop his egg in the Egg Drop Contest sponsored by the Student Engineers Council as part of Engineer's Week. Thomas James, a senior electrical engineering major from San Antonio, won the contest. Students were given a bag of supplies, including paper towels and balloons, to construct a device which keeps an egg from being broken after a fall from the third floor of Zachry. Engineer's Week continues this afternoon with softball and volleyball tournaments at 2:30 at Southwood Valley Park. The Student Engineers Council also will host a horseshoe tournament at 1 p.m. and a catfish dinner at 6 p.m. Saturday at Southwood Valley Park.



RICHARD S. JAMES/The Battalion



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