

THE BATTALION CLASSIFIED ADS

Phone: 845-0569 / Office: Room 015 (basement) Reed McDonald Building

Health Tips

Health center database offers students the chance to analyze their diets' nutrient values

A.P. Beutel Health Center
Are you concerned about your diet and eating habits? Many of us are, but don't exactly know what nutrients are in the foods we eat. The fact is, many people are not aware of the nutrients and the amounts of each nutrient that the body needs each day.

The A.P. Beutel Health Center has a dietary analysis software program to determine the nutrient content of each food item you eat. The database includes 18,000 different foods, including many brand names and fast food restaurants.

If you are interested in having your diet analyzed, write down everything you eat and drink for an entire day (including the amounts of each food item). You just need to enter the amount of

each food item consumed and the computer will calculate and print a detailed report containing the following information:

- 1) An average daily intake of up to 20 nutrients for each food item consumed.
- 2) An average of the food items consumed for all the days included in the analysis.
- 3) A bar graph that displays each nutrient level for the items consumed.
- 4) Two sets of fat standards: the recommended maximum and 30 percent calories from fat.
- 5) Percent calories from protein, fat and carbohydrates.
- 6) A report identifying when the person's intake is above the U.S. Dietary guidelines recommended maximum for calories, fat, sodium and cholesterol.

7) A report identifying when two-thirds of any nutrient having an RDA value is not met, also provided is a list of foods in food groups that contain significant amounts of the deficient nutrient.

For example, if a person ate one cheeseburger with condiments, a large order of french fries, and a 16-ounce cola, the analysis would show that the meal consists of 829 calories, 23 grams of fat and 37 milligrams of cholesterol.

It would show more than 20 percent of the total amount of calories comes from fat, plus the information listed above.

Bring your list to Room 165 the A.P. Beutel Health Center on Wednesdays between 1:45 p.m. and 5 p.m., or make an appointment with the nutritionist.

Texas senators bet on Super Bowl game

The Associated Press

WASHINGTON — New York Sen. Alfonse D'Amato will be parading around Capitol Hill in Dallas Cowboys boxer shorts — over his trousers — if Texas Sens. Phil Gramm and Kay Bailey Hutchison have their way.

Of course, the Cowboys also have to beat the Buffalo Bills in Sunday's Super Bowl.

Cocky from the Cowboys' 52-17 drubbing of the Bills in last year's Super Bowl, Gramm and Hutchison sprang the boxer shorts challenge on D'Amato during a light-hearted news conference Thursday where they made their wagers.

"I think it would be easy for Kay and for me to be uppy given that we represent a state that has the greatest football team in the history of football," said Gramm,

a blue and silver Cowboys hat firmly planted on his head. "We have absolute confidence in the Dallas Cowboys."

The Texans had gathered in fellow Republican D'Amato's office to make their initial wager — barbecue from Big Al's in Dallas and a case of Caprock wine from Lubbock in the event the Cowboys lose.

D'Amato, whose office was adorned with a mounted buffalo head on loan from the Smithsonian, and New York Democratic Sen. Daniel Patrick Moynihan countered with an offer of Buffalo wings and a case of Long Island wine.

Then Hutchison, clad in a Cowboys sweatshirt and cap, pulled out the colorful boxer shorts from a plastic bag and raised the stakes. D'Amato, who is predicting a 28-27 Bills victory, agreed to wear the

boxers if the Cowboys win by points or more.

The bravado did little to dampen the spirits of D'Amato, who last year had to give Gramm and Buffalo wings. "They are redeeming themselves after that strophe. I think they will. They're going to score one of the greatest sets in modern-day football," said of the New York team.

A newcomer to annual Capitol Hill wagers, Hutchison admitted to some early qualms. "I did betate to come down here today because in Texas we take our ball very seriously and to sub with politics was a big decision she said."

It didn't take her long to get into the spirit of things. She Gramm jokingly strangled stuffed buffalo head that D'Amato had named Kelly after Bills terback Jim Kelly.

Congratulations to our Tri Delta Initiates!!!

- | | |
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