

Spring

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Nutritional counselor, Linda Kapsuniak, advises a high carbohydrate/low fat diet.

A day's food intake, she said, should consist of 60 percent carbohydrate foods, such as breads, fruits and vegetables; 20 to 25 percent fat; and 15 to 20 percent lean proteins such as fish, chicken, and lean red meats (usually rounds or loins).

"You should avoid foods high in fat such as butters, gravies, mayonnaise, salad dressing, baked goods, nuts, cheeses and candy," Kapsuniak said.

In addition to watching the fat content of your foods, Kapsuniak said, you must also watch the amount of calories in your food that come from fat.

"If you eat more calories than your body needs, they are stored as fat," she said.

Many products claim to be "lite" or "low fat," but are really just as bad for you as regular foods. By multiplying the grams of fat listed on a product times nine, and then dividing that number by the amount of calories, any consumer can calculate the percent of calories from fat.

Fast food is generally a college student's downfall when it comes to nutrition, Green said. And it is almost impossible to eat right when eating out.

"Students definitely need to watch the content of their food," he said. "It is extremely difficult to eat well out, but it can be done. Start by choosing Chinese stir fry or maybe Schlotsky's over something like McDonald's. Definitely avoid fried foods."

However, the hectic life of a student does not always permit time to choose. Kapsuniak said there are some things you can order from fast food places that aren't that bad.

"McDonald's McLean burger is the least fattening

burger on the market with only 30 percent fat," she said. "At Taco Bell, the bean burrito is one of the best items to order because beans are low in fat but, high in carbohydrates. At Wendy's, you might order a baked potato with chili on it. At other places, try to stick with the grilled chicken sandwiches, and if you must eat a hamburger, no cheese or mayonnaise."

In an effort to lose weight, many students try to speed up the process by skipping meals, starvation and fad diets, experts said. These methods are most times self-defeating and definitely not healthy.

Lumpee said students who skip meals end up decreasing their metabolism and, in the end, may end up gaining more weight back than what they initially lost.

"When a person skips meals or tries just eating one big meal a day, his or her body begins to think it is starving, therefore slowing its metabolism to conserve. When that person resumes normal eating habits or begins to take in more than before, they end up gaining weight," he said. "I recommend eating several small meals a day. This, combined with exercising, will increase your metabolism. In the end, you may even be able to take in more food than before."

The results of exercising properly and eating right are favorable but slow in coming. Lumpee said many people come into his gym two weeks before spring break expecting to become perfect in that short time.

"People that are really overweight will see a visible difference fairly quickly," he said. "Others will see change in maybe four to six weeks. They will begin to feel better and have more energy before that."

Floyd said the key is patience. "It's not an overnight thing," she said. "It's just a matter of working the process and sticking with it. You have to be patient and willing to work."

'Schindler's List' arrives in Poland

The Associated Press

KRAKOW, Poland — Director Steven Spielberg stood in silence outside the ruins of a Nazi death camp crematorium after arriving Wednesday for the Polish premiere of his movie, "Schindler's List."

Spielberg returned to the city where he filmed much of the movie recounting how industrialist Oskar Schindler saved 1,100 Jews from the nearby Auschwitz gas chambers by putting them to work at his factories.

Some of the Jews rescued by Schindler were among the 900 people who attended the premiere Wednesday at the Kijow theater.

Spielberg and his wife, actress Kate Capshaw, visited Auschwitz-Birkenau, the former Nazi death camp complex 40 miles outside of Krakow, to pay respect to more than one million Jews who perished there. Six million Jews died in the Holocaust.

The couple held hands as they stood in silence for several minutes at the ruins of a crematorium in Birkenau. They later walked to what remained of one of the camp's gas chambers, which the Nazis destroyed shortly before Auschwitz was liberated in January 1945.

At a news conference later Wednesday, Spielberg said he wanted to tell the story of Holocaust survivors to draw "attention of young people all over the world to what happened here."

He said he felt more like a documentary filmmaker or a journalist while making the film.

"It was a revelation, when I came to Krakow and could see the places where the truth was spoken," he said.

From Poland, he will travel to Israel for the film's opening there Thursday.

The film has received 12 Academy Award nominations.

Polish film critic Barbara Hollender wrote in the Rzecz-

pospolita daily Wednesday that Spielberg's "sensitivity made us, Europeans, ashamed."

"Nobody has ever depicted on the screen the hell of the Holocaust and extermination in such way, nobody has ever shown such dirt on human dignity," she said. The film's sequences of the Holocaust "belong to the most shocking in movie history."

Also Wednesday, Spielberg held a private screening for several hundred Polish crew members who took part and assisted in the filming.

Recalling the long working days, sometimes up to 14 hours, the director thanked those gathered.

"Please be as proud of your work in this picture as I am of mine," Spielberg said. "We owe a lot to the people of Krakow and I will never be able to repay you. But I feel that our sacrifices were only a minute fraction of the sacrifices of those who were murdered between 1939 and 1945."

Conservative sounds reign at Grammys

The Associated Press

NEW YORK — By honoring Whitney Houston's big, swooping love song and the music from a Disney movie, Grammy voters proved they're still suckers for sentiment.

The Grammy Awards only reinforced it Tuesday night by giving top honors to movie music from the soundtracks to "Aladdin" and "The Bodyguard."

Houston won best pop female vocalist and record of the year for "I Will Always Love You," her 10-million selling cover of a country song that was barely noticed when Dolly Parton wrote it two decades ago. "The Bodyguard" soundtrack also won album of the year.

Houston explained later that she was reluctant to sing the song when offered. "I kept saying, 'it's a country song,'" she said. After a few tries, "I felt myself singing it and loving it," she said.

Parton presented Houston with one of her awards. "When I wrote that song 22 years ago I had a heartache," Parton said. "But it's amazing how healing money can be."

The "Aladdin" soundtrack, which last year won two Academy Awards, took five Grammys. "A Whole New World (Aladdin's Theme)" won

song of the year for composers Alan Menken and Tim Rice, while Peabo Bryson and Regina Belle were honored for their duet on the song.

"Bodyguard" producer David Foster, who picked up four Grammys, said he knows the music he likes isn't popular with critics.

"Popular music means the music that people like," Foster said backstage. "That's the kind of music that, hopefully, myself and my contemporaries make. I know we do get slagged for it, for not being on the cutting edge, but I don't know how to do it any other way."

Michael Greene, president of the National Academy of Recording Arts and Sciences, conceded that "some of the selections in the big categories were probably mainstream."

Grammys went to new acts like Stone Temple Pilots, Digable Planets, Dr. Dre and Soul Asylum. The award for best alternative album went to U2, a fixture at the top of the charts.

U2 lead singer Bono said the award made him "a little embarrassed, being filthy rich and all."

Bono also provided much of the evening's in-advertent entertainment when he uttered a swear word on live television, Greene said. He then gave lifetime achievement award winner Frank Sinatra a rollicking tribute, saying the Chairman of the Board had the swagger rockers craved.

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