

# You are what you eat

*Shannon Younker looks at nutritional value*

You oversleep and grab coffee for breakfast. Lunch is a chocolate bar in the computer lab. You go fast food for supper and have a few beer with the guys after the game. What are you doing to yourself? Here's an inside look.

Food	kcal	Protein (g)	Carb (g)	Fibre (g)	Fat (g)	Cholesterol (mg)	Sodium (mg)
Beer	145	1	13	2	0	0	18
Cola	151	0	38	0	<1	0	15
Cheesecake (one slice)	295	5	23	2	21	51	190
Cheetos (1oz)	157	2	15	<1	10	1	47
Oreos (4)	189	2	28	1	8	0	242
Cornchips (1oz)	153	2	16	1	9	0	179
Donut	211	2	25	1	11	4	205
Choc. CremePie (One Slice)	451	9	53	1	23	16	445
Poptart	212	2	38	1	6	0	226
Chocolate Fudge (1oz)	108	<1	22	1	2	4	18
Mars Bar	234	4	21	1	11	4	85
Reese P.B. Cups (2)	218	5	21	23	14	7	131
JellyBean (1oz)	104	0	26	0	4	0	7
BK Whopper	603	26	44	<1	35	88	849
DQ BananaSplit	529	9	96	2	11	31	259
KFC 2Pc Dinner	702	32	56	2	39	119	1854
McD Big Mac	500	25	42	1	26	100	890
Choc. Shake	324	12	66	4	2	10	242

Source: *Understanding Nutrition 6th Ed. Whitney and Rolpes*

The average student's diet needs to be overhauled, if you look around campus and assume you are seeing the average. At least as many chocolate bars leave the Pit as garden salads, I'm sure. Nutrition Canada conducted a more scientific survey and some of their findings follow: In 1957, 13% of adult males and 23% of adult females were overweight. Today, the mean caloric intakes of females in the 10-19, 20-39, and 40-64 year age groups are all less than the standard number of calories set by the World Health Organization. The highest mean caloric intake was among teenage and young adult males (2,952 and 3,188 respectively). The mean caloric intake of children 1-7 years is above the recommended level and that of babies (less than one year) and older male children is near the recommended amount.