

Food Facts and Fiction

by Angela Hanlon

4th Year Nutritional Science
Aspiring Naturopathic Doctor
E-mail me at ahanlon@upei.ca

I've been feeling "blah" lately. I don't have as much energy as I usually do. It's not like I have mono or anything, I just feel lazy and "stale". Could it have something to do with my diet?

As long as you are sure it's nothing medical, you may want to take a look at your diet. As mentioned in an earlier column, water plays an important role in energy use. For a few days, drink 4 cups (1 liter) of water at around 2:00pm, even if you do not feel thirsty. This means drinking about two water bottles full, all in one shot. At 5:00, drink another 2 cups and at 7:00, drink one cup. See if you can notice a difference in the way you feel and how much work you are able to accomplish.

Another thing you may want to watch is the amount of simple sugar you are consuming throughout the day. By simple sugar, I mean cookies, pop, artificial juice, muffins, and candy. These items can provide a slight sugar high, but may also be causing a post sugar-high energy-low.

My all-time favorite way to gain energy is to get some good old fresh air. Those of you with children would probably agree that when kids come in from outside, they are not exactly low-energy. This is because fresh air and exercise gets the blood flowing a bit faster, making a person more alert and more enthusiastic.

Do not forget the value of sleep because it is easy to become overtired. Don't be afraid to go to bed early, or take the occasional nap.

Besides oranges, what are some good sources of Vitamin C?

Tomatoes are an excellent source of Vitamin C. So are green peppers, citrus fruits, strawberries, broccoli, turnip greens and other greens, sweet and white potatoes, and cantaloupe.

If you want to try something new, peel a grapefruit and remove all skin. That means also removing the clear skin that basically holds the fruit together. This complete removal of skin gets rid of the grapefruit's "bitter" flavor and you are left with a sweet and very refreshing snack.

A recommendation:

I didn't get many questions this week, so I asked Mike Read what I should write about in this week's column. He said "write about U-Fit". I said "I already did". So he said "write about it again". So I went to the U-Fit website: www.ufit.ca. I learned that this program is not just meant to get people into shape, it is meant to encourage a feeling of self-confidence in its participants. Its philosophy seems to be this: "everyone has pressures in their lives and everyone can get discouraged by life's demands. But circuit training is a way to filter life's stresses so that those demands do not stress you out as much". Of course, U-Fit is not a miracle program, but no participant that I know looks very stressed. For students, 10 classes cost \$40.00. You can try one class for \$5.00. Classes are evenings and weekends, and take place in other areas of Charlottetown. Of course you can always make up your own circuit training routine with your friends. Just make sure your blinds are closed!

Campus Survey for Student Services Review

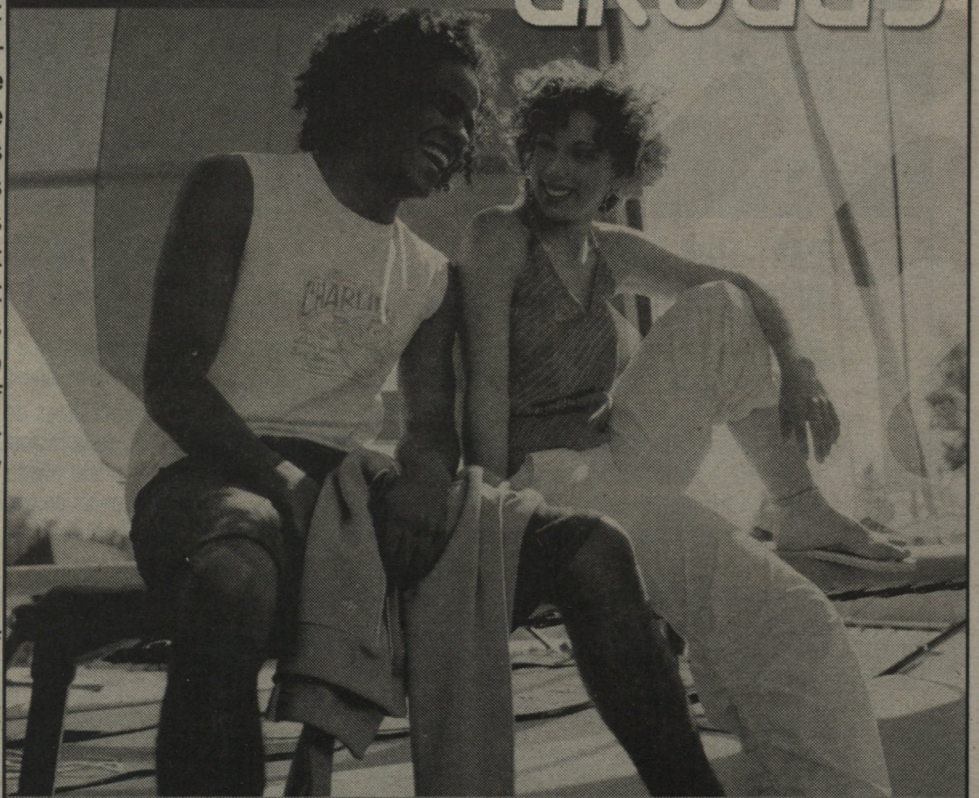
The Student Services Review Committee is seeking input from the campus community as part of a Departmental review currently under way. A Campus Survey has been posted on the UPEI website.

It will be there from Monday, February 16 through to Friday, March 12. UPEI faculty, staff and students will be able to access and respond to this brief questionnaire from computers on campus or via their slip account. The Review Committee appreciates your input and taking the time to contribute your feedback.

Easy for ON days

...Essential for OFF days

GROGGY



Free Stuff! Go to : groggy.com

▶ ▶ ▶ Community page ▶ Snack break ▶ Contest
Password : 0304UPE

Offer expires March 26, 2004 - limited quantities while supplies last

See if you are lucky!!