



Community Partnership Toward
Educational Excellence

By: John Gomez

Enjoy the Summer

How Much Is Too Much? Menshealth.com

We have to be deliberate and purposeful if we want to enjoy a healthy diet. One way to keep the calories down without too much self-denial is portion control. Learn to "size up" your food.

Exactly how much is a "serving" of your favorite cereal? How many cups of popcorn in a serving? Learn to check the packaging to see what a serving really is.

The next time you reach for your favorite snack food, check the package and measure out a single serving. You may be surprised to find out you've been consuming not one, but several servings at a time. Learn what controlled servings of your favorite foods look like - and keep measuring until you can really tell how much is too much.

Here are some tips to give your willpower a helping hand:

Try ordering smaller portions in restaurants. Many people who have no problem eating healthy portions at home overeat in restaurants because the portions are so large. But many restaurants serve half portions or lunch-size portions at dinner. Don't be embarrassed to ask. You'll save calories and cash.

Don't upsize anything, especially fast food. Fast food portions have more than doubled over the last twenty-five years. Don't be tempted by a "bargain." Avoid package deals; instead, order a sandwich - broiled chicken is good; hold the mayo - and a side salad.

Order kids meals, where you can. Some restaurants will let you order them, and you can always order them in fast food restaurants. Kids meal portions are originally what used to be considered grown up portions (before the mega craze began).

Buy small or single-serving quantities when possible. Don't buy the extra large bag of pretzels; buy the single serving size, one bag at a time.

Avoid all-you-can-eat situations. Buffets and those "un-limited pasta on Tuesdays" meals make it difficult, if not impossible, to practice portion control.

Quick reference: 3 ounces of meat is the size of a deck of cards; 1 ounce of meat is the size of a matchbook; 1 cup of potatoes, rice or pasta is the size of a tennis ball.

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Summer Bodies Womenshealth.com

Basic Tips for Healthy Eating

Little changes add up to big improvements over time. The following are some tips on adopting a better eating style for life:

*** Plan ahead. Prepare or plan your meals at least a day ahead. Avoid eating on the run - impulsive food choices are more likely to be poor ones.**

*** Shop wisely. Don't shop for groceries when you're hungry - your impulses may override your good sense. Hit the outside aisles first.**

That's where the vegetables and fruits - foods you want to emphasize - are usually found.

*** Order carefully. In restaurants, look for foods that are broiled, grilled, baked, or steamed rather than fried. Ask to have dressings and sauces served on the side. If a dish is unfamiliar to you, ask the waiter to describe how it is prepared.**

*** Cook creatively. Cooking at home gives you more control over ingredients, cooking methods, and cost. Home cooking doesn't have to be plain. Look at creating healthy, tasty meals as a challenge, not as a chore.**

*** Think positively. Eating right has a lot to do with attitude. If you succumb to temptation once in a while, don't panic. Just get back on track at your next meal.**

*** Involve others. Invite family and friends to share your nutritious meals. Any dining experience is more fun when it's enjoyed with good company.**

Summertime Nutrition Tips

webMd.com

Reviewed By [Louise Chang, MD](#)
By Christina Frank
WebMD Feature

Summertime and the living is easy -- that is, until you notice the havoc all that fun in the sun has wrought on your body. Fortunately, summer also brings an abundance of tasty and nutritious foods, including berries (loaded with antioxidants), tomatoes, sweet bell peppers (good vitamin C source), and protein-filled grilled fish and burgers. And by simply choosing the right ones to add to your daily diet, you can help prevent or alleviate the following common hot-weather woes:

Dry or Damaged Skin

What causes it: You sweat more in the summer, so skin is less supple; plus, saltwater and chlorine has a drying effect. Sunburns and bug bites are also saboteurs of healthy skin.

What to eat: Help heal weathered skin with foods like raspberries, blueberries, and strawberries, which are rich in antioxidants and vitamin C. Protein, in the form of lean meats, beans, nuts, and seeds, is also key. Keep dryness at bay by drinking lots of water, which Lona Sandon, RD, calls "the forgotten nutrient." Sandon is a spokeswoman for the American Dietetic Association. She recommends that women drink 92 ounces (8-10 cups) of water in the summer and men 125 ounces to prevent dehydration. Since calcium can also be lost through sweating, it's a good idea to replace it by eating low-fat dairy products like skim milk, yogurt, and cottage cheese.

Parched Hair

What causes it: Overexposure to sun, saltwater, and chlorine?

What to eat: Toss some burgers or shrimp kabobs on the grill, or make a three-bean salad or other protein-rich meal because hair consists of protein fibers called keratin. Eating foods rich in vitamin B-5 (found in yogurt and California avocados), vitamin B-8 (in liver and cooked eggs), folic acid (in fortified cereals and beans), calcium (in milk and yogurt), and zinc (in meat and fish) can reduce hair loss and replace dull hair with shiny hair. These nutrients also play a role in maintaining healthy skin.

Muscle Cramps

What causes them: Too many games of beach volleyball (or other outdoor exercise). Muscle cramps result from overexertion and dehydration. When you don't have enough fluid in your system, it leads to an electrolyte imbalance that causes your muscles to cramp up. Sodium, calcium, and potassium are the main electrolytes lost through sweating during exercise.

What to eat: Replenish electrolytes with a sports drink that contains them and drink water. Potassium-rich foods include bananas, raisins, potatoes, and spinach.

Eye Damage

What causes it: Age-related macular degeneration is the most common cause of vision loss and blindness in people over the age of 55. This occurs when the central part of the retina (macula) becomes damaged.

What to eat: The retina is actually made up of vitamin A, Ely tells WebMD. Thus, foods rich in this vitamin -- along with beta-carotene, zinc, and Vitamins C and E -- are beneficial to the eyes. Good sources are dark green vegetables like kale, chard, and mustard greens, plus bell peppers, carrots, and blueberries. Eat eggs for their high dose of lutein, an important antioxidant that also helps prevent eye damage.

Cold Sores

What causes them: Sun exposure can trigger cold sores in people who are prone to them.

What to eat: The amino acid L-lysine has been shown in some small studies to help, but larger studies are needed to confirm these findings. Sandon says a deficiency in B vitamins and riboflavin can make you susceptible to cold sores. She recommends eating fortified cereals and bread or taking a B-complex vitamin

Avoid Injuries shapemagazine.com

Bye-bye protein bars, hello salmon? Eating foods high in healthy fats (like cold-water fish) may help athletes avoid stress fractures and tendonitis, found a study at the State University of New York, Buffalo. Runners there who ate a low fat diet were more than twice as likely to suffer a training related injury. “Skimping on fat lowers your intake of omega-3 fatty acids and calories,” says Kristen Gerlach, Ph.D., the study’s lead author. “Both of these factors make it tougher for your body to repair tissue after workouts, so you’re more susceptible to injury.” Get 30 percent of your daily calories from healthy fats and you’ll stay well within the healthy range for calorie intake.

Educator’s Spotlight i-safe.com

This month’s education site spotlight is <http://educational.blogs.com>. “Educational Blogs” is really a blog about blogs. This blogger visits and reviews blogs, maintains a list of blogs by topic, and more. Get connected with other educators, keep up to date on interesting topics, and more by checking out the blogs on this site today.

Idiom of the Month

“Pull or Bring You Down”

Origin: 17th Century crab fisherman noticed when they had a group of caught live crabs held in a bucket, if one tried to escape the bucket the other crabs would pull it down back with the group.

1. North Carolina
2. Miami
3. FSU
4. Arizona State
5. Rice



1. Florida
2. Arizona State
3. UCLA
4. Alabama
5. Texas A&M