



MSU Women's Health

November 2013

Keep Your Skin Glowing and Healthy With Food

By Jessica Ellen Gern

With so many skin-care products out on the market you would think big companies have come up with perfect solution to healthier skin. What most people don't take into consideration is that it's not about an expensive cream, but it's about lifestyle!

Making a few small adjustments to your diet can create a huge difference in your complexion! Taking care of your skin is just like taking care of your mind, body, and health. In honor of November being skin awareness month we came up with a list of best foods for your skin.

Fish :Incorporating fish into your diet at least 2-3 times a week can help your complexion while also improving your health. Fish contains omega-3 fatty acids as well as zinc. These nutrients reduce inflammation and acne. They also aid in new cell production.

Vitamin C :Citrus fruits, bell peppers, and tomatoes contain significant amounts of Vitamin C. This micronutrient is an antioxidant that not only plays huge role in our immune system but also helps to produce collagen a connective tissue of the skin. Cut up some strawberries, mango and kiwi for an afternoon snack to keep your skin smooth and wrinkle free!

"Eat you greens!" You've probably heard this time after time but it's true! Eating leafy greens help brighten up

your skin while improving its elasticity. Kale, collard greens, and spinach are all excellent sources of Vitamin A. If you're not a fan of eating greens, throw them in a smoothie or juice them! It's a good alternative way to get in your greens.

Nuts & Seeds: Nuts and seeds contain Vitamin E. This micronutrient allows your skin to hold in moisture producing a fresh, younger look. Almonds, hazelnuts, pecans, walnuts, sunflower, and pumpkin seeds all contain vitamin E. Create a trail mix with your favorite multi-grain cereal along with these nuts and seeds for a beautifying complexion snack that is good on the go.

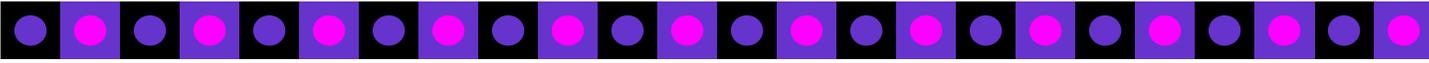
Staying Young, A Secret From Japan

by Michiko Tomioka

Ninety percent of Asians are lactose intolerant. Japanese women have a daily intake averaging under 500 mg, which is far below the US Recommended Daily Allowance (RDA) of 1,000 mg per day for women 19 to 50

years of age. Major sources of calcium include dairy, tofu, small fish with bones, and various types of vegetables. Insufficient calcium intake over a lifetime may lead to fragile bones and osteoporosis. This is especially true for older women who suffer a drop in estrogen levels during menopause.

One woman is trying to combat this epidemic. 83-year-old Professor Yoneda addresses calcium deficiency in a seminar at the Wakabane Culinary Institute in Nara, Japan. Her class is for aspiring registered caregivers and provides them with how to make a calcium rich menu for their clients. Professor Yoneda's goal is to "provide extra calcium for elder women through small portions of a variety of soft foods." The three hour class resulting in nine dishes is strenuous, but the professor remained energetic and enthusiastic. She credits a combination of physical activity and a calcium and protein rich diet that includes large amounts of tofu and greens for her energy and youth.



Affordable Care Act Helping Women

By Megan Spinelli

With the new Affordable Care Act comes a lot of controversy and change for citizens of this country. One group of Americans who will be positively affected is women. The new health care law will make healthcare more affordable and much more obtainable.

Uninsured American women will now be able to choose coverage through the new Health Insurance Marketplaces as well as those who are purchasing cov-

erage themselves in the individual insurance market. Those who are already insured may be able to attain lower premiums or policies with better coverage.

Many different health services that are necessary for women will be covered, including emergency room visits, prescription drugs, maternity care, hospitalization and preventative care services; such as include birth control, mammograms, and other screenings. Plans must also cover certain preventative services with no out-of-pocket costs for those enrolled.

Applicants cannot be denied because they are women or for any pre-existing conditions and medical history.

Women can expect a lot of change with The Affordable Care Act and can look forward to more accessible services.

Keeping Healthy For Thanksgiving

By Stephanie Chavarria

With Thanksgiving right around the corner it may be a struggle to keep healthy and avoid those holiday pounds. One thing to remember is you can still enjoy all your favorite seasonal foods without stuffing yourself to capacity. Do Thanksgiving the healthy way with these nutritious tips and alternatives for a guilt free day:

Stick to healthy portions:

Limit yourself to one plate for dinner. Eat more leafy greens and vegetables. Eat smaller portions of high calorie and high carbohydrate foods. Fill half your plate with vegetables. Split the other half into two quarters and fill with turkey and sweet potatoes. For dessert have a fruit based dessert or pumpkin pie instead of higher calorie cakes. If you are going

to have bread just have one piece.

Eat breakfast and Lunch:

Waiting until dinner time to eat is a common mistake people make during the holiday. Not having anything until dinner time may cause you to consume more calories than if you had eaten throughout the day. Eating a balanced breakfast and lunch will give you energy and prevent overconsumption at dinnertime.

Reduce fat and calories with healthy ingredients:

Foods don't have to be loaded with butter, creams, or sauces to taste good. Put broth on your mashed potatoes instead of butter for flavor. Incorporate different vegetable sides into your holiday meal. These foods are nutrient dense and fill you up faster. Take existing

recipes and modify them with healthier substitutions. Make cranberry salad instead of cranberry sauce. Use Greek yogurt instead of sour cream for dip. Have fruit salad instead of potato chips as an appetizer. Swap out sodas and juice for water or home-made natural juices. Finally, use low fat or skim milk along with whole wheat crusts for more wholesome desserts.

Thanksgiving is a day to enjoy food, family, and friends. It is about being happy and healthy; not about restricting yourself from your favorite foods. Stick to the tips above for a healthy and safe Thanksgiving dinner.

One recipe you are sure to love is the Rustic Apple Pie recipe from Mayoclinic.com



2 tablespoons quick-cooking tapioca
1 teaspoon cinnamon

Preparation Instructions

To prepare pie crust, mix dry ingredients together in a large mixing bowl. In a separate bowl, mix oil and water together with whisk. Add oil and water mixture to dry ingredients. Mix until dough holds together. Add a bit more water if needed. Press dough into 9-inch pie plate. Set aside until filling is prepared. To prepare filling, combine all ingredients in a large bowl. Let stand for 15 minutes. Stir and then spoon into prepared pie crust. Bake at 425 F for 15 minutes. Reduce heat to 350 F and bake 40 minutes, or until apples are tender.

Nutritional content per serving:

Serving size: 1 slice
Calories 215**Total fat 9 g**
Saturated fat 1 g
Monounsaturated fat 5 g
Cholesterol 0 mg
Sodium 16 mg
Total Carbohydrate 31 g
Dietary Fiber 4 g
Protein 3 g

Rustic Apple Pie

Recipe from The Mayo Clinic.com

Ingredients

Pie crust

1 cup dry rolled oats
1/4 cup whole-wheat pastry flour

1/4 cup ground almonds
2 tablespoons brown sugar, packed
3 tablespoons canola oil
1 tablespoon water

Filling

6 cups sliced and peeled tart apples (about 4 large apples)
1/3 cup frozen apple juice concentrate

Letter from the Editor:

November can be a hectic and stressful month. The wave of midterms exams and papers may be reeking havoc on your semester. Luckily, there is solace in Thanksgiving break. I'm really excited about this edition, we have a healthy Thanksgiving recipe. Also, in honor of Skin Awareness month we have a great article on how food can keep your skin glowing and healthy. Hope you enjoy reading this edition. If you are interested in writing please contact me at kimszalj1@mail.montclair.edu.

