

# Clemson Dining Services

## Nutrition News



### A Brief Look Into Organic Farming

**H**ow do we know if organic is the way to go? Genetically modified foods, the use of pesticides, and a lowered nutrient content in commercially produced crops are all reasons to go organic, but are these legitimate concerns?

First, let's define what organic is. According to the USDA (United States Department of Agriculture) organic farming is a production system, managed in accordance with the USDA National Organic Program (NOP), which has to abide by several regulations, including:

- Avoidance of synthetic chemical inputs (e.g. fertilizer, pesticides, antibiotics, food additives, etc) and genetically modified organisms

- The use of farmland that has been free from chemicals for a number of years (often, three or more)

- Keeping detailed written production and sales records (audit trail)

- Maintaining strict physical separation of organic products from non-certified products.

- Undergoing periodic on-site inspections

Now that we know what organic farming is the **BIG QUESTION IS:** If I eat all organic, will I be a healthier person? Well...yes and no! Unfortunately, there have not been enough studies to show that organic foods are higher in vitamins and minerals, therefore better for you.

However, because organic farming avoids the release of toxic pesticide residues into the environment, and it supports rural development, fair trade, food safety, animal welfare, and market-oriented production, the term healthy may be referring to your conscience, not your body.

### Eating Green

"Going Green" is a buzz phrase you are hearing a lot from people trying to find ways to help protect our environment now and for future generations. You may have started to switch your light bulbs, unplug appliances, recycle papers, cans, and bottles, and bring your own reusable bags to the grocery store. All of these things are great ways to protect our planet. Have you thought about how to eat to protect the planet?

10 tips on how to eat "green" to reduce your carbon footprint:

1. Choose foods in packaging that is recyclable or biodegradable
2. Buy foods in bulk and make your own smaller packages of them
3. Eat organic food that is grown without pesticide use
4. Choose food that is locally grown
5. Choose foods that are USDA organic certified
6. Reduce the amount of meat you are eating or
7. Become a vegetarian or flexitarian
8. Choose foods that are Fair Trade certified
9. Choose meats that are grown using free range practices
10. Support companies who have a smaller carbon footprint and have sustainability programs in place

Originally written by Tara Gidus at [http://rdsweighin.typepad.com/my\\_weblog/2008/11/eating-green.html](http://rdsweighin.typepad.com/my_weblog/2008/11/eating-green.html)



# The Importance of Physical Activity

Physical activity of any kind is an important aspect of a healthy lifestyle. Not only does it relieve stress, which is helpful during exam week, but it also can help manage your weight, enhance your flexibility and posture, improve your self-esteem, help you lose weight, lower your risk of some diseases, help your body age well, and simply make you feel good!

The new 2008 Physical Activity Guidelines for Americans states that in order to gain important health benefits, you need to participate in:

- 150 minutes of moderate intensity aerobic activity every week and muscle strengthening activities on 2 or more days/week that work all major muscle groups OR
- 75 minutes of vigorous intensity aerobic activity every week and muscle strengthening activities on 2 or more days/week that work all major muscle groups OR
- An equivalent mix of moderate and vigorous intensity aerobic activity and muscle strengthening activities on 2 or more days/week that work all major muscle groups

To obtain even greater health benefits:

- 300 minutes of moderate intensity aerobic activity every week and muscle strengthening activities on 2 or more days/week that work all major muscle groups OR
- 150 minutes of vigorous intensity aerobic activity every week and muscle strengthening activities on 2 or more days/week that work all major muscle groups OR
- An equivalent mix of moderate and vigorous intensity aerobic activity and muscle strengthening activities on 2 or more days/week that work all major muscle groups

Achieving this goal is not as difficult as many people think it is. There are numerous ways on campus for you to become physically active. FIKE offers fitness classes 7 days a week, each of which are about an hour long. The type of class offered and its time can be found on FIKE's website (<http://www.clemson.edu/studentaffairs/campusrec/index.php>).

FIKE also has a ton of fitness machines for student use. Don't know how to use them? Ask the front desk! They are there to help you, and there are even some classes offered that teach you the proper techniques. Don't like exercising by yourself? Join one of the many intramural teams! Playing on the basketball, volleyball, soccer, softball, ultimate Frisbee, etc. teams is an easy and fun way to get exercise – and it provides an opportunity to release some stress! If sports aren't your forte either, try taking a walk every day. Clemson's perimeter road provides a scenic 3-mile route around campus. Get together with your friends, and, instead of talking in a room, talk while walking. Or, get a group together and go on one of the weekend trips that FIKE offers. They go white-water rafting, hiking, canoeing, even snowboarding! The opportunities are endless: intramural or club sports, fitness classes, rock-climbing, swimming, running, etc. If you're interested in any of these programs or classes, simply ask the front desk for information.

The main objective is to find a form of physical activity that works into your personal lifestyle and to choose something that is enjoyable for you.

Written by: Erin Riefies  
Edited by: Jon Unsworth

