Stepping Up to the New Food Pyramid
by: Karen Barrow, medical reviewer

At some point, you've seen the food pyramid. Whether it was in a nutrition class or on the wall of your elementary school cafeteria, you likely remember the building blocks of the pyramid suggesting what your daily diet should look like. For years, this shape has ruled over our eating habits: guiding food labels, school lunch programs and diet plans. But today, Americans are more overweight than ever, which tends to suggest that the old food pyramid wasn't very useful, or even followed. So, the United States Department of Agriculture (USDA) has given the old food pyramid an overhaul, creating MyPyramid, a personalized tool to give Americans a new way to organize their daily eating and exercising habits.

"It has all the elements that are essential to motivate people to make some steps toward healthy food and exercise choices," says Nelda Mercer, MS, RD, spokesperson for the American Dietetic Association, "There's something for everyone, for people who are overweight and even for those people already making healthy choices."

Not all body types need the same nutrition and the USDA's MyPyramid plan acknowledges that some people just need more food, while others need less. And options need to be provided for those with dietary restrictions, or simply a picky palate. The online guide (www.MyPyramid.gov) will allow you to adjust the pyramid to your own lifestyle.

"That's the most exciting part: some people can't afford to go to a registered dietician. So this is free to the whole public and it's going to make a difference," Mercer says.

The new pyramid features:

Calorie Counting: Moderation is the key to any dietary plan, so the pyramid still emphasizes the importance of keeping track of the number of calories you consume; the colored segments of the pyramid taper towards the top, suggesting that you eat food that is high in sugar and fats in moderation. However, it now emphasizes the consumption of fruits, vegetables and whole grains as low-calorie, nutrient rich foods. To help with portion moderation, the vague term "serving size" from the old pyramid has been replaced with the actual weights and amounts that comprise one serving size, such as one slice of bread or half a cup of rice. Helpful tips are provided to keep the calorie count down, like making at least half of the grains you eat whole grains, keeping your protein consumption limited to lean meats and non-meat sources and varying the types of fruit you eat to keep it interesting.

Exercise: For the first time, the food pyramid incorporates exercise into the formula for a healthy life. Depicted as a person climbing up the side of the pyramid, exercise has been known for years to help weight loss and, simply, overall health. Tips are listed to get you moving as much as possible. And the amount of your activity will affect what, and how much, you can eat.
**Individualization:** The USDA has basically created 12 separate pyramids to cater to people of different ages and activity levels. Just type in your age, gender and activity levels and MyPyramid Tracker will provide you with an eating plan that will keep you healthy and maintain your weight.

"It’s designed for you to track what you are eating and how much you are exercising and see where you are according to the recommendations," Mercer says. "It’ll come back [to you] with targeted messages, like you’re over on fat, or carbs."

For example: if you are a sedentary, 65-year-old male, the MyPyramid plan will recommend that you stick to a 2,000 calorie diet, consisting of 6 ounces of grains (of which 3 ounces should be whole grains), 2.5 cups of vegetables, 2 cups of fruits, 3 cups of milk, and 5.5 ounces of meat and beans. The plan even goes further to divide up the minimum frequency recommended for each type of vegetable: 3 cups a week of dark green veggies, 2 cups a week of orange veggies, 3 cups a week of beans and peas, 3 cups a week of starchy veggies, leaving 6.5 cups for any other vegetables. And this man is also told to limit his sweets and fats to 265 calories a day and have no more than 6 tablespoons of oil.

In contrast, a 23-year-old female who exercises more than 60 minutes a day is given recommendations based on a 2,400 calorie diet. Her dietary plan grants her 8 ounces of grains, to make up for the extra calorie allotment. Additionally, she can eat up to 360 calories of sweets and fats.

**Help to Make the Change:** The new pyramid takes into account that these changes are not easy. If you are finding it tough to get enough whole grains, for example, the site suggests tossing some unsweetened, whole-grain cereal into a salad instead of croutons or substituting whole-grain pasta and brown rice for their less-healthy counterparts. And if you don’t want to consume milk products, recommendations are made for you to eat soy products and leafy greens to be sure you get all the calcium you need. Even vegetarians are acknowledged in these tips, which suggest that they focus on getting enough protein, iron calcium, zinc and vitamin B12—nutrients generally lacking in a vegetarian diet.

No one expects for you to make all these changes overnight. But, the emphasis is on small, gradual changes that will allow you to ease into a healthier lifestyle. Step by step you can slowly regain control over your diet and climb to the top of the food pyramid.

"This is about as good as it can get," Mercer says.

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According to the NYS Office of the Governor, Amanda’s Law mandates that all homes in New York must have a CO detector installed. It also requires contractors to install CO alarms when replacing a hot water tank or furnace, if the house does not already have an alarm. Homes that were built prior to January 1, 2008 must at least have a battery powered alarm, whereas homes built after that date must have CO alarms that are hard-wired into the building. For more information on Amanda’s Law go to: http://www.dos.state.ny.us/code/COAlarm.htm.


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Living well means having healthy options every day. Blue365 helps you find the health and wellness information, support and services you need 365 days a year.

As a member of Excellus, you automatically have access to the health and wellness content, tools and discounted offers available through Blue365. The program is designed to support you as you make healthy decisions every day.

Access information on healthcare resources, healthy choices, and recreation and travel by logging in to: https://www.excellusbcbs.com/wps/myportal/xl/mbr/hnw/healthyliving/blue365. If you are not already registered, you can register using your member ID found on your Excellus BluePPO membership card.

Fidelity Investments and TIAA-CREF representatives will be on-campus to provide individual counseling sessions throughout the spring. These individual meetings provide you the opportunity to examine your fund selection, discuss how to achieve your financial goals, and review your retirement income options with a retirement counselor. All meetings will be held in the human resource conference room.

Fidelity appointments for March 11 and 23 can be scheduled online at www.fidelity.com/atwork/reservations or by calling 1-800-642-7131.

TIAA-CREF appointments for March 9 and 24 can be scheduled online at https://secure.tiaa-cref.org/participants/appmanager/indvportal/desktop?nfpb=true&_pageLabel=advice_and_counseling_page or by calling Kelly Dickey at 607-274-6451.

Last call...

All requests for reimbursement from your 2009 Flexible Spending Account must be incurred by March 15, 2010 and submitted by April 30, 2010. Protect yourself from losing unclaimed funds by taking the time to look over your eligible expenses and submit them to PayFlex for reimbursement.

If you would like to find out the balance on your account, make an online reimbursement request, download claim forms, or view a listing of eligible expenses, visit www.mypayflex.com. Reimbursement forms can be found on the Services tab on the portal at https://cu.colgate.edu.

If your PayFlex debit card is denied because of insufficient funds in the account and you still have a balance in your account, you will need to submit claims and receipts online or by mail to expend the remaining funds. Call x7743 if you need assistance.

FOR YOUR BENEFIT

“CPR Anytime for Family and Friends” course for all employees and their family members

Student Health Services will be instructing this 50 minute course that will review CPR for adults and children, care for choking emergencies, demonstrate AED, and will also discuss risk reduction for cardiovascular diseases and other health problems. This course is meant for regular citizens and NOT for professional rescuers (ambulance volunteers, lifeguards, coaches, etc.)

Two sessions of the CPR Anytime course will be held on Friday, March 19 in the ALANA Multipurpose Room.

Session 1: begins at 9:00 a.m.-10:00 a.m.
Session 2: begins at 10:30 a.m.-11:30 a.m.

Join us and learn how to help your family and friends!

All fees are courtesy of human resources.

Employees should obtain approval of their supervisor to attend.

Registration is required.
Deadline to register is March 12.
Call x7411 or e-mail dlundrigan@colgate.edu to sign up.

Sponsored by:
The Department of Human Resources and Student Health Services
NEW HIRES
Fouad Saleet accepted the position of assistant dean for campus life effective January 19. He received his M.Ed. from Kutztown University. He was previously employed as an associate director of Greek letter organizations and societies at Dartmouth College. Fouad and wife Krista have one child, Madeleine (7 months).

TRANSFERS
Sue Odell has transferred to administrative assistant, Division of University Studies and Core effective February 22.

Lorie Riedl transferred to associate director, parents’ fund, effective January 22.

SELL & SWAP
For Sale:
- Honda Civic ’03 EX coupe, 5 speed, silver, air, sunroof, ex., winter tires. Great gas mileage. $5,900 or b/o. Call 859-0708 after 6 p.m.
- 2006 Harley Davidson Sportster 883. Black with blackened engine 4,900 miles. Extras include forward controls, saddlebags, sissy bar, windshield, battery tender & cover. $5,800 call 893-7162 after 3:00 p.m.

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CLASSIFIED ADS
POSITION VACANCIES
- Athletics Event Staff (pt - no benefits)
- Campus Safety Officer/Dispatcher (pt - no benefits)
- Director of the Annual Fund
- Assistant Director of Alumni Affairs
- Locksmith
- Project Manager-Temporary (2 positions)
- Regional Advancement Director
- Staff Nurse (per diem)
- Summer-Campus Grounds/Golf Course
- Summer-Custodian (1 position)
- Summer-Lifeguards
- Summer-Office

For complete information on position vacancies and to submit an application visit our website at:
https://careers.colgate.edu

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Developing and sustaining a diverse faculty and staff to further the university’s educational mission.

QUOTE OF THE MONTH
Not all of us can do great things, but we all can do small things in a great way.
—author unknown

SPOTLIGHT ON CAMPUS EVENTS
March 8: International Women’s Day Celebration. Film, “Women in the Mosque,” and lecture by Dr. Juliane Hammer, assistant professor, religious studies, George Mason University. ALANA Multipurpose Room at 12 p.m.
March 9: Women’s Studies Brown Bag Series. Judaism and Same Sex Marriage Women Studies Center at 11:30 a.m.
March 26: ALST Conversation Series, The Founding of ALANA, A Conversation ALANA Multipurpose Room at 12 p.m.

Click here to view more upcoming events: Campus Calendar

BIRTH ANNOUNCEMENTS
Drew and Mel Caprio welcomed J. Paddington Diegor Caprio (5 lbs. 6 oz., 19” long) on January 31. Proud grandparents are Joseph and Patty Caprio. Patty is director of leadership giving, advancement.

Rhea and Brad Dexter ’96 welcomed Kennedy Rose (7 lbs. 8 3/4 oz., 20” long) on February 2. She joins big sister Mia, 19 months. Rhea is an assistant director of special events, parents’ fund, and Brad is an assistant men’s ice hockey coach.

Nitu Kitchloo and Kelly Barry welcomed Ish Ranjan Barry Kitchloo (9 lbs. 13 oz., 22 1/2” long) on February 3. Kelly is an assistant professor, German.

Matthew and Michelle Jacobsen welcomed Tyler Alexander (5 lbs. 10 oz., 19 1/2” long) on February 3. Proud grandparents are Ellen and George Murray. George is general manager, Sodexo. Michelle is an administrative assistant, residential life.

Amy Turner Ryan and Jon Ryan welcomed Keagan Christopher (7 lbs. 11 1/2 oz., 19 1/2” long) on February 6. Keagan joins big brother Gavin Locke, 21 months. Proud grandparents are Cinda and Dave Turner. Dave is lead technology installation specialist in ITS. Amy has worked at Colgate as a casual wage employee.

MARCH ANNIVERSARIES

30 Years
Clark Marshall-ITS

20 Years
Jackie Holt-Mail Services
Tess Jones-English

15 Years
Tracy Piatti-Residential Life
Tom Wise-Financial Aid

10 Years
Dan Wheeler-ITS

INDOOR ROCK CLIMBING
Outdoor Education is offering an indoor rock climbing class for Colgate faculty and staff on Mondays from 12:10 p.m.-12:50 p.m. If you have always wanted to try rock climbing but never got around to it, this is your chance! Learn how to move across vertical terrain, how to belay with ropes and set personal goals. The class is held at the climbing wall in Huntington Gym. For more information contact Michael Savage, assistant director and climbing specialist.