



Healthy Habits

Faculty and Staff Wellness Program

Calvin College

February 2008

Steamed Quinoa

Yield Guideline: 1 cup of quinoa makes 2 ½ to 3 cups cooked quinoa.

- 1 cup quinoa, rinsed until the water runs clear
- ¼ teaspoon sea salt
- 1 tablespoon ghee, butter or olive oil

Place the quinoa in a saucepan, add 2 cups water, salt and ghee, bring to a boil, cover and reduce the heat and simmer for about 12 minutes or until the liquid is absorbed. Allow to steam, covered, for 5 to 10 minutes.

Fluff with a fork and serve.

For a healthy breakfast, transform left-over quinoa into a hot breakfast cereal. It's easy, delicious and a welcome change to oatmeal.

Place leftover quinoa in a sauce pan. Add milk to cover, a knob of butter (optional), a dash of cinnamon and a little honey or maple syrup. Bring to a simmer and cook, stirring frequently, for 5 minutes or until the cereal thickens. Serve hot. Garnish with toasted sunflower seeds or nuts.

Beyond Nutrition

Nutrition is the study of how *food* nourishes the body. We often hurt our bodies with food by either over fueling, or under fueling. Our bodies can operate, for awhile, on more or less fuel than they need, but they cry out for something more than fuel. They cry out for care, for love, for spirituality, for *nourishment*, for exercise, for rest.³ It is important to learn how to properly nourish our bodies with food, but it is also important to learn how to nourish our bodies with other things, making food our secondary source of nourishment. When we make food our primary source of nourishment, we run the risk of becoming preoccupied with food, and turning to food for comfort. This only brings on guilt, regret, and dissatisfaction in the end. Make God, prayer, the Word, relationships, and fulfilling occupations your primary source of nourishment. Nourish your soul with prayer, your mind with the Word, your heart with relationships with God and with others, and your body with nutritious foods, exercise, and rest.

You are what you eat!

If you live for 65 years or longer, you will have consumed more than 70,000 meals, and you will have disposed of 50 tons of food. The foods you choose have cumulative effects on your body. Your body renews its structures continuously. Each day it builds a little muscle, bone, skin, and blood, replacing old tissues with new. Some of the food you eat today becomes part of you tomorrow. In that case, you may want to choose foods that not only provide energy, but also provide sufficient nutrients: water, carbohydrates, fats, proteins, vitamins, and min-

erals. The nutrients in food support growth, maintenance, and repair of the body. If the foods you eat provide too little or too much of any nutrient today, your health may suffer just a little today. If the foods you eat provide too little or too much of one or more nutrient ever day for years, you may suffer severe disease effects in your later years of life.¹

What does a nutritious diet look like?

It is adequate. The foods provide enough of each essential nutrient, fiber, and energy.

It is balanced. The choices do not over emphasize one nutrient or food type at the expense of another.

There is calorie control. The foods provide the amount of energy you need to maintain appropriate weight; not more, not less.

There is moderation. The foods do not provide excess fat, salt, or sugar

There is variety. The foods chosen differ from one day to the next. They are filled with color!¹

Know your fats

Ever wonder what all the talk about good fat and bad fat is about? Some may try to keep fat out of your diet thinking it is bad. Some may not even pay attention to the amount of fat in their diet, much less what kind of fat it is. Fat is fat right? Wrong! Fats are classified as unsaturated or saturated, or “good” and “bad”.

Saturated fats are generally solid at room temperature, and they are mainly found in animal products like butter, meat, whole milk, and cheese. These fats should be limited because they raise blood cholesterol levels.

Unsaturated fats are generally liquid at room temperature, and are mainly found in plant foods. These fats are more heart healthy because they help lower blood cholesterol levels when eaten in place of saturated fats. Unsaturated fats are further classified as mono- or poly-unsaturated fats.

Monounsaturated fats are found in olive oil, canola oil, avocados, and nuts. These are considered the healthiest of all the fats.

Polyunsaturated fats include the omega 6 and omega 3 essential fatty acids. Omega 6 fatty acids are found in safflower, sunflower, corn, and soybean oils. Try to get less of the omega 6s, and more omega 3s which are found in fatty fish (like salmon, mackerel, and tuna), walnuts, and flaxseed.

Trans fats should be avoided as much as possible. They are made during hydrogenation, a process that makes unsaturated liquid vegetable oils more solid, saturated, and shelf-stable. They are found in margarine, vegetable shortening, and many processed foods. Trans fats raise cholesterol just like saturated fats do.



Health Habits Highlight of the Month:

Rick Baez



Rick Baez has been at Calvin for about a year and works in the Broene Counseling Center. Upon coming to Calvin, Rick made a decision to use all the resources Calvin has to offer to be in good health. He has participated in the Passport to Health pedometer challenge, Hold it For the Holidays, and Walk to the Moon pedometer challenge. Rick also plays noon basketball in the field house, and comes to the weight room at 6:30am to work out.

How does he keep that up? He made a choice. Rick decided to eat more nutritious foods and to exercise for the sake of his health; it was something he had to do. But then he ran into another faculty member early one morning at the weight room who was also a regular 6:30am exerciser. Rick asked what keeps him coming back each morning. This man told Rick “I just love it and I can’t live without it. It’s an attitude”. From then on Rick decided to change his attitude and started to enjoy being physically active. Now he can’t imagine his life without it.

The story doesn’t end here. Simply loving exercise and knowing it is important is not all that keeps Rick coming back for more. Rick has attached two other disciplines to his daily routine; if he misses one, he misses them all and he doesn’t want that to happen. He starts his morning at 5:00 with devotions. Then on his 25 minute commute to Calvin he listens to the Word of God on a Christian broadcast radio. He arrives to Calvin at 6:25 to work out where his unofficial accountability partners are waiting for him. This is a time of fellowship for Rick. He compares it to going to church where, if he misses a morning, the next morning there are friendly faces asking him where he’s been and how he’s doing. Rick believes it is important to have that fellowship and support with exercise. Like many things in life, if you try to go at it alone it is more difficult to succeed.

Lastly, Rick has found balance in his life. He has settled into a routine that not only includes physical activity and healthy food choices, but also includes time in spiritual devotions and time working on his relationships with others. Each of these facets, in turn, impacts the others; if one falls out of balance the rest will soon follow. At the Broene Counseling Center, Rick not only teaches his students the importance of balance and wellness that encompasses physical, spiritual, and relational health, he also practices this in his life.

Rick’s proactive approach to health, his balanced daily routine, and his dedication to exercise has brought him to a point where he is in the best shape of his life. He now craves healthy foods, he feels great, and has made health a habit. Keep it up Rick!

Try These: substitute them, or add them to your balanced diet.

Almonds—a good source of potassium. Low in saturated fat and high in unsaturated fat. Substitute almonds for a snack that is high in trans or saturated fat.

Brussels sprouts—a half cup (about 4 sprouts) delivers 235 micrograms of vitamin k, which is almost double what the average American gets in a whole day.

Olive oil—substitution is key. Replace butter, lard, or other saturated fats with oils that contain monounsaturated and polyunsaturated fats.

Romaine lettuce—delivers vitamin A and C along with a tasty crunch! (easy on the fatty dressings). Use Romaine (or spinach) instead of iceberg lettuce. The greener the better!

Quinoa—as a whole grain, it’s hard to beat quinoa. It is quick to cook, flavorful, and easy to digest.

1.Sizer, Frances S., and Ellie Whitney. Nutrition Concepts and controversies. 10th ed. The Book Company, n.d.

2. Tufts University Health & Nutrition letter, August 2005.