



Ithaca in the Spring

IC Well

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Using Food to Combat Stress

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It's the end of the semester, and most of us experience this familiar dilemma: the more external stress we experience, the harder it is to eat well. However, grabbing that fast food does even more damage to a body already under siege, and eating well can go a long way toward increasing healthy resistance to stress.

Caffeine is a "worst offender," because this non-nutritional substance gives you "fake" energy by stimulating the production of adrenaline (which is already elevated in a stressed-out person) and killing your appetite for healthy foods. Sugar and refined carbohydrates aren't a harried person's friend, either, because the insulin response takes your blood sugar high and then quickly drops it, usually leading to....more sugar!

So save that coffee and donut treat for a happy, relaxed time. When you are challenged, rely upon these stress-busting nutrients and foods:

Antioxidants: pumpkin, sweet potatoes, carrots, kale, grapefruit, blueberries, strawberries, melons, oranges, peppers, tomatoes, broccoli, sunflower seeds, almonds, and olive oil.



Omega-3 fatty acids: ground flax seeds, walnuts, salmon, soybeans, and pumpkin seeds.

Folate: dark leafy greens (turnip/mustard greens, spinach, romaine, collards, kale, etc.), beans, legumes, asparagus, Brussels sprouts, beets, okra.

Healthy protein: fish, eggs, and beans.

Magnesium: whole grains, beans, vegetables,

nuts, and seeds – and as a special treat, a bit of dark chocolate!

Not only what you eat, but how, will impact your mood and your health. Taking time to sit and eat brings great rewards in improved digestion and assimilation of nutrients. Eating even a bit more slowly will help you recognize fullness faster, and eliminate unnecessary calories. One final thought: taking a moment to be consciously grateful for the abundance and quality of food we have in this country is the best stress reliever of all.

By: [Donna DeLuca](#), Grad Student Trainer

Adapted from *Calm Energy: How People Regulate Mood with Food and Exercise*, Robert E. Thayer, 2001, Oxford Press

Recipe Corner - Spring Chicken Fricassee with Asparagus and Peas

Ingredients

2 tablespoons olive oil
 1 1/2 pounds boneless, skinless chicken thighs
 salt to taste
 freshly ground black pepper
 1 medium onion, sliced
 2 cloves garlic, minced
 1/2 cup dry white wine
 1 cup low-sodium chicken broth
 1 pound asparagus, trimmed and cut into 1 1/2" lengths
 1 cup shelled, fresh peas
 4 cooked red potatoes, quartered

Directions

1. Heat the olive oil in a large skillet over medium-high heat. While the oil heats, season the chicken with salt and pepper. Add the chicken to the pan and brown on all sides. As the chicken pieces finish browning, remove them to a plate and set aside.

2. Turn the heat down to medium and add the onion. Cook, stirring occasionally, until the onion begins to wilt, about

5 minutes. Add the garlic and cook for 2 more minutes.

3. Return the chicken to the skillet. Add the wine, let it boil rapidly for a minute and stir with a wooden spoon to remove any bits that may be stuck to the pan.

4. Add the chicken broth, turn down the heat so that the mixture simmers slowly and place a lid, slightly ajar, over the skillet. Cook until the chicken is completely tender, about 20 minutes.

5. Meanwhile, bring a small pot of salted water to a boil. Add the asparagus and cook until it is crisp-tender, about 2 to 3 minutes. Drain.

6. Add the asparagus and peas to the chicken. Cook for 3 to 4 minutes

to heat through.

7. To serve, heat the cooked potatoes and divide them among 4 bowls. Add chicken, asparagus and peas to each bowl and spoon some of the sauce over the top.

Nutritional Information

Serving Size = 1 bowl

Original recipe yield: 4 Servings.

Calories = 420
 Fat = 14g
 Protein = 37g
 Sodium = 466mg
 Carbohydrate = 35g
 Fiber = 7g
 Saturated Fat = 3g

Reference: [FoodFit.com](http://www.foodfit.com)

<http://www.foodfit.com/recipes/recipe.asp?rid=825>



Season's Pick: Asparagus

Asparagus is one of the joys of spring. For a brief three-month window, this aphrodisiac that's been wowing eaters through the ages is piled high in markets. Quick, easy, tasty, nutritionally chock-full, there's only one dubious distinction about asparagus, which we're too lady-like to mention.

Originally from Mesopotamia, asparagus was a favorite dish in Greek and Roman times. Roman emperors went so far as to keep special "asparagus fleets" to ferry choice stalks to their tables. A popular expression for quick action was "faster than cooking asparagus." Centuries later, famed King Louis XIV of France made his gardeners grow asparagus in greenhouses so he could dine on it year round.

Stellar Stalks

Asparagus is a great source of [folate](#), [iron](#) and [potassium](#). It's also high in [vitamins A](#) and [C](#).

What to Look For: Firm, smooth stalks that have no wrinkles and tight buds at the top. If the buds are drooping and open, the asparagus is past its prime. Likewise, the stalks should be straight and fresh-looking, not yellowed, shriveled or woody.

How to Store

Don't leave asparagus tied in a bundle. It causes the stalks to sweat and the resulting moisture may mean they spoil faster. Instead, trim the stem ends and stand the

spears in water like a bouquet of flowers. Asparagus is a member of the Lily family after all. Store in the fridge for no more than a couple of days.

How to Cook

Asparagus is simple and speedy to cook. It's delicious steamed, broiled, grilled or roasted. Asparagus partners well with a range of foods, including lemons, oranges, olive oil, parmesan, anchovies, crabmeat, garlic, chives, parsley, shallots, soy sauce and eggs.

Source: [FoodFit.com](http://www.foodfit.com)

http://www.foodfit.com/healthy/archive/healthySeasonPick_apr04.asp

Heart Health: No Pressure Blood Pressure

No Pressure Blood Pressure (NPBP) is a wonderful educational program that takes place every month here on the IC campus. NPBP will continue to monitor campus-wide blood pressure on **Wednesday, April 26th** with additional tips on how to lower blood pressure.

We would like to thank the 257 people who participated in NPBP last month. Over 20 students from Ithaca College's Wellness Clinic and the Department of Exercise



Science were able to receive hands on experience in taking blood pressures.

We found the campus wide average blood pressure to be 117/72 mm/Hg, which is right in accordance with the recommended or normal blood pressure: <120/<80 mmHg. Way to go IC!

We would like to challenge the buildings and departments to see who can get the most blood pressures recorded and

the best average blood pressure. Any feedback or questions you have, in addition to better times for students to visit your department should be directed to Ithaca College's Wellness Clinic, wellness@ithaca.edu.

For more information on NPBP visit http://www.ithaca.edu/wellness/no_pressure_bp/index.htm.

Locations & times where the students will be on 4/26: http://www.ithaca.edu/wellness/no_pressure_bp/schedule.htm.

Balancing Your Calories

In order to maintain a healthy weight it's important to balance the calories consumed & expended each day. By doing this the body is supported by an adequate amount of calories, & these calories enable the body to maintain a stable weight. Here are some important points to remember when thinking about your caloric intake.

Weight Management

- To maintain body weight in a healthy range, balance calories from foods & beverages with calories expended.
- To prevent gradual weight gain over time, make small decreases in food & beverage calories & increase physical activity.

Adequate Nutrients within Calorie Needs

- Consume a variety of nutrient-dense foods & beverages within & among the basic food groups
- Choose foods that limit the intake of saturated & trans fats, cholesterol, added sugars, salt, & alcohol.



Dietary Guidelines for Americans 2005

Fats

- Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the U.S. Department of Agriculture (USDA) Food Guide or the Dietary Approaches to Stop Hypertension (DASH) Eating Plan.
- Consume less than 10 percent of calories from saturated fatty acids & less than 300 mg/day of cholesterol, keeping trans fatty acid consumption as low as possible.
- Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated & monounsaturated fatty acids, such as fish, nuts, and vegetable oils.

- When selecting & preparing meat, poultry, dry beans, & milk or milk products, make choices that are lean, low-fat, or fat-free.
- Limit intake of fats and oils high in saturated and/or trans fatty acids, choosing products low in such fats and oils.

Carbohydrates

- Choose fiber-rich fruits, vegetables, & whole grains often.

- Choose & prepare foods & beverages with little added sugars or caloric sweeteners.
- Reduce the incidence of dental caries by practicing good oral hygiene & consuming sugar & starch-containing foods & beverages less frequently

Proteins

- Choose proteins that are low in saturated fats (lean meats such as fish, chicken, turkey).
- Eating low fat yogurts, cheeses & milk will not only increase protein intake but also help to provide the body with adequate calcium.

Sodium & Potassium

- Consume less than 2,300 mg (approx. 1 teaspoon of salt) of sodium per day.
- Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits & vegetables.

Source: theWalkingSite.com

<http://www.thewalkingsite.com/nutrition.html>

Member Spotlight: Pat Cornell

If you ask Pat Cornell how long she has been a member of the IC Wellness Clinic she will tell you, "I came with Frank!"

It was 15 years ago when Frank gave Pat a phone call about being a part of the original wellness program. At the time Pat was working on her Masters Degree from SUNY Cortland while working full-time and on-call as a Nurse Practitioner at the IC Health Center, not to mention still fulfilling her roles at home as a mom and a wife.

As we can all relate to busy schedules, and those times when one more thing just seems impossible to take

on, her first thought when Frank called was, "OK, what slice of the pie does he want?" As it turns out, however she says, "it was the best piece of pie she could have ever given!"

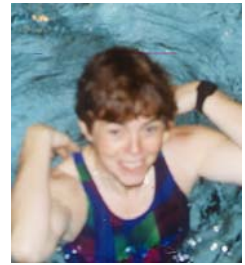
Fifteen years later Pat remains a committed "morning group member," who rarely misses her 6:30am workout. She is motivated to keep up her routine by the friendships she has formed, the student influence, and the once a month Friday morning breakfast with "the crew".

Her participation has also enabled her to participate in physically challenging, yet rewarding events such as:

the 100 mile Ithaca AIDS Ride around Cayuga Lake and the Hospicare Women Swimmin' 1-mile swim across the lake. Without her commitment to her morning work-out Pat said, "I would have not been able to accomplish these goals." On the weekends she enjoys walking and biking with her husband Phillip.

For those just starting an exercise program or contemplating joining the Wellness Clinic Pat suggests, "starting and staying with it!" Her life long goal is to live as long and as best she can!

Trainer: [Stasi Kasianchuk](#)



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If you have a question about wellness, email the [Wellness Clinic](#) today and one of our trainers will get back to you with an answer!

This service is **free** and available to all members and non-members.

Contact us Today!