

Where's your milk mustache?

By Kristin Davis

You're on your own now, you've ditched the 11:30 curfew, and you rarely get to sleep before two in the morning. So what now...you have everything together, right?

Remember those midnight phone calls to Papa John's and that Mountain Dew you guzzled instead of eating breakfast? Believe it or not, what you are eating during your college years is important and like your education, is crucial to your future.

A new survey by Roper Starch Research, in combination with *Rolling Stone* magazine, points to the maturing attitude of college students toward nutrition and health. More college students have a desire to lead a healthy lifestyle. According to the College Eating Index, where more than 500 American college students were surveyed, 98% are concerned with their health and 80% presume they are eating a well-balanced diet.

However, these good intentions for their health are hidden by the overuse of crash diets, skipped meals, and nutrient-lacking foods and drinks. What college students don't realize is that they can obtain most of the nutrients they need to remain healthy the right way in just one location—their milk glass!

Experts believe now that there is a type of "calcium crisis" terrorizing college campuses across the country. Three out of four students (74%) are drinking a glass or less of milk a day, while the National Institutes for Health recommends for college students 1,200-1,500 mg of calcium daily—a total of three 8-ounce glasses of milk.

"While college students say they are concerned about health, they still have a lot to learn about nutrition," says Susan Barr, Ph.D., professor of nutrition at the University of British Columbia. "The current obsession with fat and calories has college students cutting out meals and certain foods their bodies need. The calcium crisis is frightening because college-age students are unaware of the effects that a calcium deficient diet can have on their bodies in the future."

Most college students are more aware of the

benefits of eating more healthy foods like chicken and pasta, rather than the traditional pizza and junk food. Also, most are intensely interested in fighting the freshman fifteen. According to the survey, more than three in ten college students say they've gained weight since they've left home. Those extra calories and pounds sneak up on you while you're snacking during those late-night study sessions. Instead of snacking on the not-so-light cookies and pop-tarts, drink a glass of skim milk—80 calories per cup and zero, yes zero, fat grams.

The survey also revealed several other unhealthy eating trends among college students. Eighty percent of students skip a meal or two during the week, and 79% say that breakfast is the meal most often skipped. Half usually grab something fast to eat, and 49% often eat late-night snacks. By performing these unhealthy eating habits, skipping meals, and eating on the run, you can begin to feel like you're running on empty. Without the energy that proper nutrition can supply, you rarely have the potential to meet the physical and mental demands of a college lifestyle.

Unhealthy eating will not only affect you while you are in college but in the years to come as well. Take your bones, for example. The college years represent a time period of building bone mass and density. Bones continue to grow until your mid-30's. Although you don't grow any taller, your bones continually grow denser. Drinking milk and having the proper amount of calcium now at these influential years can make all the difference with maintaining bone density and slowing bone loss during aging. For women especially, it is never too early to start thinking about osteoporosis—a bone crippling disease that causes bones to fracture easily, found largely in elderly people.

But why don't students drink milk? Forty-four percent of college students say they don't drink milk because it is not readily available and convenient. However, most college cafeterias have milk dispensers or cartons of milk available at every meal. Also 14% say they don't drink as much milk because mom and dad aren't there to make them drink it anymore.

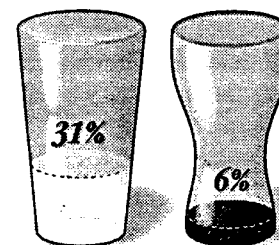
Why should students drink milk? Although

ADVANTAGE: College Student Milk Drinkers

College students who drink milk tend to lead a healthier lifestyle than college students who don't drink milk:

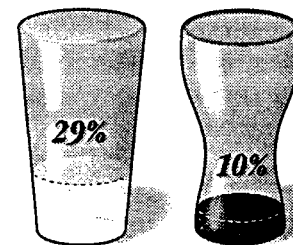
➤ Exercise

College milk drinkers say they exercise regularly compared to students who drink milk less than once a week.



➤ Calcium watch

Milk drinkers are three times more likely to watch the amount of calcium they get in their diets than non-milk drinkers.



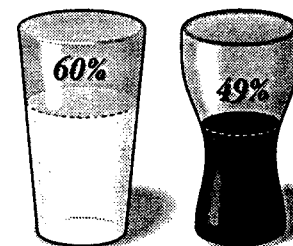
➤ Fast food

Milk drinkers eat fast food less frequently than non-milk drinkers.



➤ Eating vegetables

Milk drinkers versus non-milk drinkers are more likely to eat their vegetables.



Source: College Eating Index survey, conducted by Roper Starch Worldwide and *Rolling Stone* magazine, 1996.

milk drinking is on the decline on college campuses, those who do drink milk tend to lead more healthier lifestyles than non-milk drinkers. College students who drink milk are more likely to eat healthful foods—64% of milk drinkers vs. 56% of non-milk drinkers eat breads and grains, and 58% of milk drinkers vs. 49% of non-milk drinkers eat vegetables. Also, 31% of milk drinkers say they exercise on a regular basis compared to only 6% of student who drink milk less than once a week.

Moreover, female college students tend to be more conscious about what they are eating than male students. Seventy percent of females watch their fat intake compared to only 39% of males. On the flip side, 65% of men eat late-night snacks while only 35% of women admit to having the late-night munchies. Also, 52% of men don't spend time thinking about what they eat, and 37% of women seriously consider it.

To help spread the word to college students about the importance of milk everyday, the "Milk, Where's Your Mustache?" education campaign is featuring new celebrities with college-age appeal to motivate students about the

benefits of milk and the many other nutrients you can receive from milk. Celebrities included in this campaign for milk are Neve Campbell, Spike Lee, and Tyra Banks. This educational campaign is sponsored by the National Fluid Milk Processor Promotion Board, in association with *Sports Illustrated* and *Cosmopolitan*. The milk college tour begins in September and will stop at more than 100 colleges from California to Florida.

The college outreach program also includes a national college tour, the 1-800-WHY-MILK hotline, and the whymilk.com Web site. Those visiting the Web site will be able to receive a customized diet and nutrition analysis based on the student's age, sex, and health goals. They also can download the famous milk-mustache celebrities to use as screen savers.

So, the cards have been laid on the table, and the point of the game is to see who is the healthiest—milk drinkers or those who prefer something else. Milk just isn't for kids anymore, and in the long run you'll be glad you spent those dollars at the grocery to have milk in your fridge.

By Danielle L. Mir, co-founder of Angels for the Environment

Angels for the Environment

As autumn approaches the days become shorter, there are long, cold nights and the soil become nitrogen deficient, which is a strong clue for the perennial and biennial plants to go into dormancy. Gradually the process of photosynthesis slows down until it eventually stops, and the leaves no longer produce food. The leaf sends nutrients to the branches and twigs to store during the winter. As the leaf starts to die, it loses its green pigment and starts to reflect the

other colors that it uses to absorb light energy, which causes us to see a variety of colors. Other changes (chemically) also occur in the leaf that produce the array of colors.

The tree allows the leaves to die and break off at the base of the leaf, so the dry winter air will not dry out the tree since leaves lose a great deal of water. What I just described is an oversimplified definition of the processes that trees go through in the autumn season. As you walk

around the campus, look and see if you can find the bright yellow leaves on the ginkgo trees or the bright red leaves on the Chinese maple trees. The leaves will not be as bright this year due to the extremely wet summer.

Angels for the Environment will be having their next meeting at 10a.m. on October 11 in 107 Joyner. We will be planting flowers around campus on October 26, there will be a t-shirt sale towards the end of October and we will be making sashes on October 19 from 7-9p.m. in

315 Heilman. Come join us anytime. If you have any questions feel free to call Katie Robinson or Mary Sharpe at x7976 or Danielle Mir at x7778. AFE has helped at the Triangle Land Conservancy and volunteered at the Umstead Festival.