

## TIP OF THE WEEK:

Food on the periphery of the grocery store tends to be healthier for you than items around the center of the store (except of course for the cupcakes which are on the edge opposite of the fresh produce)

## Zucchini Meatballs

### Ingredients:

3 Medium zucchini  
Kosher Salt  
Black pepper  
2 cloves garlic (minced)  
1/4 cup Thinly sliced basil  
1 Egg lightly beaten  
1 cup panko breadcrumbs  
1/2 cup grated parmesan  
2 Tbsp extra-virgin olive oil  
1 24oz jar marinara sauce

### Directions:

Grate the zucchini on a medium grater. Line medium bowl with a kitchen towel. Add the grated zucchini. Season with salt & toss. Pull up the sides of the towel & squeeze some of the moisture out of the zucchini.

Transfer the zucchini to a clean bowl. Add the garlic, basil, panko & 1/4 cup of Parmesan. Season to taste with salt & pepper. Form meatballs with the mixture.

Heat olive oil in a large skillet over medium heat. Add the meatballs and fry on all sides until golden brown (8-10 minutes). Drain the meatballs on a plate lined with paper towels.

Wipe skillet clean, add marinara sauce heat on medium. Add the zucchini balls and simmer for 3-5 minutes.

Serve.



# Fall Fest Time - Radford Highlander Fest



Bisset Park in Radford becomes a little bit of Scotland for a day in October. If you're not an M2 who should be studying for exams; drive down to the Highlanders Festival and check out the festivities!

**October 8, 2016**

Highlander games, bagpipes and lots of food and fun! The event kicks off with a Braveheart 5K run/walk too!

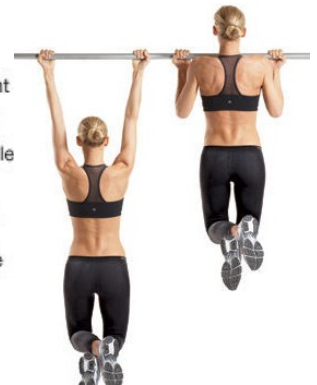
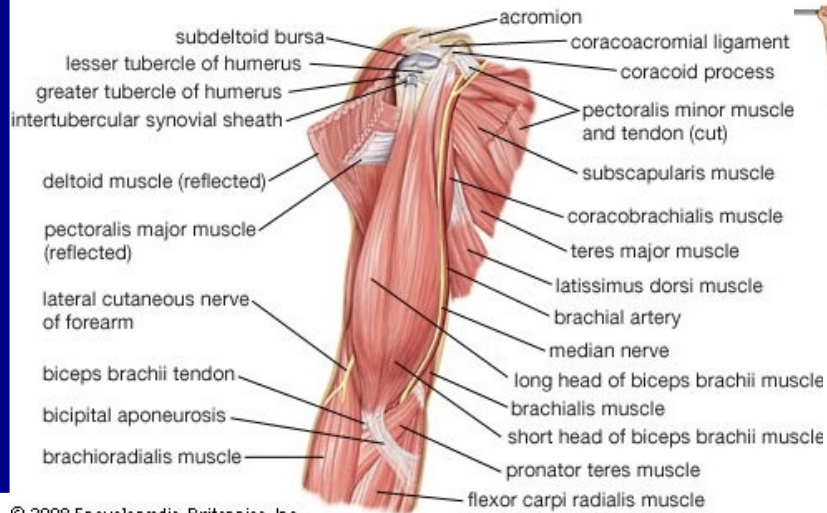
To register for the Braveheart 5K, go to [www.active.com](http://www.active.com) or register day of event from 7:00 a.m.-8:15 a.m. 5K begins at 8:30.

<http://www.radford.edu/content/festival/home/about.html>

## Exercise What You're Learning



**EXERCISE IN THE MORNING**  
BEFORE YOUR BRAIN FIGURES OUT WHAT YOU'RE DOING



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# Get the Facts - Carbs

**Myth:**

Carbs are bad.

**Fact:**

Okay this one really bugs me. With the fad diets exploding over the past few years, I have been **told** this statement more times than I would like to count. I think the biggest culprit of the perpetuation of this myth is the Paleo diet.

**Here is the logic behind the myth:**

I stopped eating carbohydrates from the Paleo and Atkins diet, therefor the carbs made me fat.

One main problem with this is that there are a lot of other factors contributing to the weight loss that has not been accounted for. With any of the low carb diets, people end up overall eating less. This may be due to the large carbohydrate prevalence in the American diet and/or the fact that people do not know what to eat that has low carbs so they just don't eat as much. Either way there are plenty of other reasons that may contribute to the weight loss.

Looking into further depth, kcal to kcal, 1 gram of carbohydrates have the exact same amount of energy as 1 gram of protein and actually fat has twice as much energy per gram. Structurally, carbohydrates are broken down for fuel more rapidly due to the lack of energy needed for conversion to a form able to partake in glycolysis or the citric acid cycle.

However, not all carbs are created equal. Some carbohydrates require more modification before they are able to be utilized. For example, 100 grams of sugar is readily absorbed by the gut and can be used immediately for energy and any left-over food products (extra carbs, fats, or proteins) will be converted to fat. On the other hand, a starchy or complex carbohydrate meal of 100 grams will take significantly longer to absorb therefor giving a steady stream of energy allowing for utilization of the appropriate amount of energy. Also, if the digestion of the starch is too slow, fats and glycogen may be mobilized for fuel during digestion which is the opposite of the former situation of fat storage.

To drive home the point that fat loss is driven by calories and not carbs is a story about a professor of nutrition science at Kansas State. In order to prove this point, Mark Haub consumed nothing but hostess treats, Doritos, and Oreos for 10 weeks. He kept under his normal daily calorie amount at 1800 kcals per day. In the 10 weeks, professor Haub lost 27 lbs, his LDL decreased by 20 percent, HDL increased by 20 percent and triglyceride levels decreased by 39 percent.

**Conclusion:**

Again relating back to the nutritional basis that calories are what govern weight loss, carbohydrates are not the enemy. In fact, carbs are necessary for proper repair of tissues whether it be from exercise, illness, or growth. A moderated and well balanced diet is the key rather than counting every gram of carbs, fats, and protein.

References: Alan Aragon Research Review "A Closer Look at the Claim 'A Carb is A Carb.'"

Article by: Adam Heilmann

# DO USE the gym on the 2nd Floor of VTCSOM.....

Please feel welcome to use the gym on the 2nd floor of VTCSOM  
at all hours of the day  
(assuming of course you are not expected at a required school activity).

It has been said,  
“the Dean does not want students to use the space during working hours.”

This is not the case.

Please know the Dean is comfortable with you using the space during  
working hours.

If you have any questions or concerns about this topic, please visit or email Emily.

*Difficult  
roads often  
lead to  
beautiful  
destinations.*

## Date Night Dinner - Portabella Pizza Caps

### Ingredients:

8 portabella mushroom caps  
2 tsps extra virgin olive oil  
2 cups pizza sauce  
4 tsps Italian seasoning  
2 cups reduced-fat shredded mozzarella  
Toppings you prefer (recipe notes)

- Bell pepper
- Button mushrooms
- Turkey pepperoni
- Red onion

### Preparation:

**Preheat & Prep:** Oven to 375 degrees. Line a baking sheet with foil & spray with non-stick cooking spray

### Serve:

Prepare the mushroom caps by scraping out the inside “gills” with a spoon. Place caps upside down on the baking sheet. Fill with 1/4 cup sauce, 1/2 tsp Italian seasoning, 1/4 cup cheese and preferred toppings.

**Cook:** Cook for 15-18 minutes until the mushroom cap is tender & the cheese is melted.

Serve with a tossed salad.



<http://www.skinnymom.com/portobella-pizza-caps/>

# Better Sleep Series - Part I, Busy Brain

Sleeping is as essential to health as breathing. During sleep we carry out a number of vital activities including regulation of blood pressure and blood sugar, memory consolidation, and the release of growth hormone. Chronic sleep deprivation has been linked to increased risk for heart disease, diabetes, cancer, obesity, depression, motor vehicle accidents, and medical mistakes. Yet, many of us struggle to obtain sufficient quality sleep. The first thing you should know is that you cannot train your body to need less sleep. The average adult needs between seven to nine hours of sleep per twenty-four hour period (this may vary slightly between individuals). Our sleep is influenced by numerous factors including light exposure, stress levels, circadian rhythms, how many cups of coffee we drink, and simply how much time we devote to sleeping. So what can be done to improve and maximize sleep potential? The next four weeks will highlight common stumbling blocks to healthy sleep.

## **PART I:**

### ◆ **Busy Brain**

- ◆ Allot time before going to bed to think over your day and make a to-do list as needed. Do not let bedtime become your thinking time.
- ◆ Try Mindfulness Practice. Research has shown that practicing Mindfulness can create positive changes in the brain and help improve mood, sleep, and symptoms of chronic pain.
- ◆ Use of Relaxation techniques such as Visualization and Breathing Exercises. Think of these as exercises for your brain.
- ◆ Just as physical exercise once a year is not effective for maintaining physical health; using these techniques sporadically is not as effective as daily practice for quieting the mind and reducing stress. Daily practice of 5-10 minutes is recommended.
- ◆ Consider free cell phone apps such as Stop, Breathe, Think and Smiling Mind. There are many relaxation and mental calming techniques. Try some out and see what works best for you.
- ◆ For sleep anxiety, work on changing negative sleep thinking. For example: Instead of thinking "I'm going to have another sleepless night and lay here for hours." try "I am working on ways to improve my sleep and maybe I will fall asleep easier tonight."

Article By: Barbara Hutchinson, MD