

FOOD/ACTIVITY

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Nancy Clark: The Food Pyramid allows for adequate protein: a small serving of protein-rich food at two meals per day (such as a peanut butter sandwich at lunch and some meatballs with pasta for dinner) plus some calcium and protein-rich dairy foods with each meal (milk on cereal at breakfast, yogurt for a snack, milk with dinner). This pattern provides the right amount of protein. Too much protein displaces the carbs you need to fuel your muscles. You'll end up tired and unable to perform at your best.

NEBLINE: It seems like there are a lot of myths about drinking milk and athletic performance. What's the truth about such concerns as "cotton mouth" and "stomach cramping?" What are some possible health consequences of avoiding milk?

Nancy Clark: Milk is indeed an appropriate beverage for most athletes. Lowfat or skim milk, in particular, are healthful, easy to digest foods that provide the package of nutrients needed to build strong bones and bodies. If you are lactose intolerant and cannot digest the sugar that's in milk, you should try LactAid milk or take pills that digest the milk sugar. Your body needs calcium, regardless of your ability to tolerate milk, so don't eliminate a food group without first consulting with a registered dietitian. Too little calcium can have you sidelined with stress fractures today and osteoporosis in the future.

NEBLINE: One reason some people participate in an active lifestyle is for weight control. As a part of trying to lose or maintain weight, they may skip breakfast. What have you observed during your work with athletes, as well as casual exercisers, about the relationship

between skipping breakfast and physical performance?

Nancy Clark: Breakfast skippers tend to run out of energy, train poorly and then reward themselves with/succumb to excessive calories at night. Skipping breakfast tends to invest in weight gain, more so than weight loss. If a dieter wants to skip any meal, I'd vote for dinner (but don't skip meals!). The concept is: just as putting fuel in your car before you drive helps the car perform better, putting fuel (food) in your body helps your body perform better. Don't fuel at the end of the day; enjoy higher energy during your waking, active hours. If you want to lose weight, eat less (diet) at night.

NEBLINE: Many busy people feel they don't have time to eat. What are some solutions you've found that help always-on-the-go people?

Nancy Clark: For many people, having "no time" to eat is a choice that they hope will contribute to weight loss. For others, having "no time" means they choose to work, sleep or do something deemed more impor-

tant than fueling their bodies on a regular schedule. I teach my clients to be responsible and have wholesome foods readily available—granola bars in the backpack, packets of peanuts in the car, a well stocked refrigerator at home, etc. Good nutrition starts in the supermarket.

NEBLINE: Your book is over 400 pages long with over 120 recipes! There are so many things we haven't covered! If you had to choose just one nutrition tip you felt was most important for people leading active lifestyles, what would it be?

Nancy Clark: Eat a big breakfast rather than a big dinner. By fueling for a high energy day, you'll feel better, prevent cravings for sweet foods, improve the overall quality of your diet, have better workouts and invest in weight management.

For More Information

If you would like to learn more about "eating to fuel your active lifestyle," Clark offers "Nutrition Links & Articles" on her Web site as well as information about her books at: www.nancyclarkrd.com

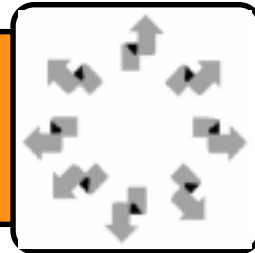
Nancy Clark Knows Food and Fitness

Clark, a registered dietitian specializing in sports nutrition, directs nutrition services at SportsMedicine Associates, one of the largest athletic injury clinics in the Boston area. She works with both casual exercisers and elite athletes, including several Olympic athletes.

Clark writes nutrition columns for "New England Runner," "Adventure Cycling" and "Rugby," and is a frequent contributor to "SHAPE" and "Runner's World." Her monthly nutrition column, "The Athlete's Kitchen," appears in over 100 sports and health publications. She has written three books: *The New York City Marathon Cookbook*, *The Athlete's Kitchen* and *Nancy Clark's Sports Nutrition Guidebook*. She's currently at work on a fourth book, *Nancy Clark's Food Guide for Marathoners: Tips for Everyday Champions*.

She is both an advocate for and an active participant in an active lifestyle. Her adventures have ranged from hiking across America to trekking in the Himalayas to running marathons.

Miscellaneous



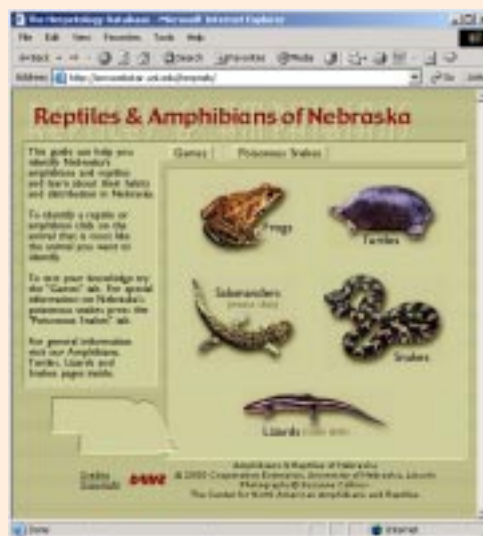
Reptiles and Amphibians of Nebraska

Learn more about the turtles, frogs/toads, lizards and snakes that live in your neighborhood. Visit Insects, Spiders, Mice and More on the Lancaster County Extension Web site at www.lancaster.unl.edu. This site has a link to a terrific on-line resource—Reptiles and Amphibians of Nebraska.

On the Reptiles and Amphibians of Nebraska Web site, you'll be able to listen to the call of a Northern Cricket Frog. Use handy on-line "Kwik-Key" to help you identify the snake

sunning in your backyard. Get more information on poisonous snakes. Visit "Games" to test your knowledge of local reptiles and amphibians.

For information on Controlling Snakes Around Your Home, call 441-7180 and request NebGuide G-908. (SC)



MOSQUITO

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(diethyltoluamide) repellents. These come under many brand labels and many formulations (lotions, gels, aerosols, creams, sticks). Nearly all contain DEET as the active ingredient. Percentages of actual DEET may range from 5% to 95%. Health experts are recommending using products with 30% DEET or less. Right now, DEET repellents are the most effective available, but

scientists are discovering effective, novel active ingredients may be available in the future.

Work outdoors when it is cooler, or when there is a brisk air movement or strong sunlight. Many mosquito species are very active in early evening, so avoid gardening during those hours.

When using any repellents or insecticidal products, be sure to read, understand and follow label instructions, application sites, restrictions and warnings. (BPO)

LES got a real charge out of this Nebraska honors student.



Amy West and her JD Edwards Honors Program design studio classmates created new software for the Lincoln Electric System that will streamline equipment ordering—virtually eliminating paperwork—and providing significant cost savings to customers. Terry Bundy, administrator and CEO at LES describes their work as "absolutely electrifying."

"I've been incredibly pleased with my experience in the JD Edwards Honors Program. We're working with actual technologies and communicating with engineers, managers, and executive boards. It gives me the confidence to go out into the business world."

—Amy West

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