

Vegetarianism blooms across college campuses

Recycled trend makes comeback among students

By TASHA E. KELTER
Staff Reporter

Vegetarianism, like many other trends recycled from the 1960s, is making a comeback among Americans. Health and ethics are the two main reasons people turn to vegetarian diets.

Loosely defined, a vegetarian diet is "one that excludes meat, fish and poultry," according to Virginia Messina and Mark Messina, authors of "The Vegetarian Way."

The first vegetarian movement occurred in the 19th century, largely the effect of reformers in America and the United Kingdom. In the 1960s and '70s, vegetarianism had a resurgence in popularity as a seemingly natural part of the "new health-conscious counterculture." Today, vegetarianism is again increasing in popularity, primarily among students.

"Vegetarianism can be a very positive and healthy choice for teenagers," according to the Messinas.

Most vegetarians who follow the diet for religious reasons were raised in a vegetarian family and therefore are used to eating a meatless diet. However, when children of meat-eating families decide to make the transition into vegetarianism, are often confronted with some taxing challenges in adapting their diets.

A student who chooses a vegetarian diet may enjoy health benefits such as a lowered risk of "obesity, ... con-

stipation, lung cancer, and alcoholism," according to registered dietitian Johanna Dwyer of Tufts University Medical School Hospital in Boston. However, the actual act of sustaining the diet may seem difficult, especially for someone living in the residence halls.

Pam Edwards, coordinator of food services operations in the residence halls, said that a vegetarian diet is possible to maintain in the dorms.

One vegetarian or vegan entree is provided each day for lunch and dinner in all the residence halls. Menus are posted weekly outside the dining halls informing whether meals are suitable for ovo-, lacto-, and lacto-ovo-vegetarians or vegans.

Besides the entree, food service provides two cooked vegetables each day at lunch and dinner, as well as grains, rice, pasta, potatoes, breads, salad and fruit.

"We have a really extensive range [of dishes] for vegetarians," Edwards said.

Kelly Diamond, a junior advertising and film studies major who lives in a residence hall, has been "trying to convert to vegetarianism." She said that the impalatable entrees served in food service are not making the transition easy.

"They're really inedible," she said. She tries to eat cheese pizza when it is served.

"If there's a dish where I can't see the meat but it's in there, I'll eat it," she said.

Diamond said she eats the broccoli and cheese casserole that is served, but that's about it.

"I would never, ever try their tofu." Raised in a family where meat was served, Diamond experimented with a vegan diet for a month last summer. She had to give it up, however, because she was getting sick from inadequate

amounts of protein. Edwards said if any vegetarian and vegan students would like to make suggestions for dishes, they are encouraged to call her at 472-9045.

"We're really trying to expand that whole area," she said. "If students feel like they need more [vegetarian dishes], we want to know."

For vegetarian students who enjoy snacks, some of the more appetizing options that can be easily obtained include fresh fruit, bagels, soft pretzels and baked fruit with cinnamon.

"Most vegetarians eat milk products and eggs," notes the U.S. Department of Agriculture and Department of Health and Human Services' Dietary Guidelines for Americans, "and as a group, these lacto-ovo-vegetarians enjoy excellent health."

Lacto-ovo-vegetarians are one of the 10 major varieties of vegetarians (listed at right). This is the most popular type of vegetarian diet, according to the Messinas.

For vegetarian meal-planning, the Messinas suggest following a modified food pyramid consisting of six major food groups - grains, vegetables, fruits, dairy products, dry beans and nuts, and fats and oils.

Grains should make up the majority of the diet at eight or more servings a day, according to the model. Four servings a day of fruits and vegetables are recommended, proteins (dairy, beans, and nuts) are advised to be consumed three times a day, and fats and oils are to be used sparingly.

Although the transition into vegetarianism can be a laborious process and the diet, once implemented, requires a great deal of discipline, vegetarians are profoundly satisfied with their choice in diets.

"You just . . . evolve into a food-conscious individual," Diamond said.

Types of Vegetarians

| Type of Vegetarian | Foods Consumed | Comments |
|--------------------|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| Semi-vegetarian | grains, legumes, fruits, vegetables, nuts, seeds, dairy, eggs, poultry, fish (no other animal flesh) | |
| Lacto-vegetarian | grains, legumes, fruits, vegetables, nuts, seeds, dairy (no eggs or animal flesh) | |
| Vegan | grains, legumes, vegetables, fruits, nuts, seeds (no dairy or eggs) | Some vegans avoid honey, white sugar, beer and other foods that involve animal product |

Source: The Vegetarian Way

Natalie Linstrom/DN

Bryan Memorial Hospital HEALTH CONNECTION

Attention Deficit Disorder in Children

Monday, September 23
7-8:30 p.m.

Focuses on diagnosis, treatment and implementation of successful home or school, based programs. Call 483-8886 to register.

Smoking Cessation

Thursday, September 26-March 26, 1997
7:30-9:30 p.m.

Demonstrates new coping strategies and supports participants through physical and psychological withdrawal. Call 483-8340 to register.

RACE FOR THE CURE®

Sunday, October 6

8 a.m. - 5K Run/Walk

8:15 a.m. - 1 mile family fun walk

Fund raiser for Susan G. Komen Breast Cancer Foundation. Call 483-8674 for details.

Is there Meaning in My Suffering?

A family's struggle with mental illness.

Wednesday, October 9

7 - 9 p.m.

Covers issues surrounding families as they cope with a loved one suffering from mental illness. Call 483-8886 to register.

6th Annual National Depression Screening Day

Thursday, October 10

7:30 - 9:30 a.m.

11:30 a.m. - 1:30 p.m.

4:30 - 6:30 p.m.

Screening and special displays. Call 483-8816 to schedule a private screening appointment.

CPR Heart Saver Course

Thursday, October 17

7 - 9 p.m.

For lay public or child care providers. Covers adult, infant, child CPR, foreign body airway obstruction. Call 483-8093 to register.



Bryan Memorial Hospital

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Life weighs in heavier than image

By ANNE HJERSMAN
Opinion Editor



When it comes to health and fitness, I speak not from expertise but from experience.

In the past nine years, I have gone from a size 16 to a 6. Making such a claim doesn't get a girl many dates, but as I have aged, my health and fitness have become evermore important to me. And I feel there is something to be learned from my experiences.

I'm not writing this as a testimonial to any miracle diet plan.

I mean, over the years, I tried them all. I bought every Slim Fast, quick-fix pill and powder on the market. I even went to Weight Watchers.

They all worked... for a while.

But as soon as anyone noticed, I quit. Maybe it was the pressure of people monitoring my success (or failure). Maybe I felt that because they noticed, I had achieved my goal: I had "lost weight" and it was time to get on with my life—a life of unhealthy eating and inactivity.

Then one day I noticed that one of my friends had begun to fade away. She was literally fading away. She had grown frail, though the muscles she had developed during her obsessive running hid it well. Her life was spiraling

into a mad cycle of bingeing and purging.

She thought she was in control of her situation. I thought I was in control of mine.

We were both consumed.

We were both confused.

We were both afraid.

I was afraid of spending my whole life miserably overweight. I was afraid of losing my friend to a disease I still don't understand. I was afraid I would never gain control.

I began to wonder what kind of permanent damage my friend and I had done to our bodies.

I found out at age 16 when I had to have emergency surgery to have my gall bladder removed.

Everyone said gall bladder disease was for people "fat and 40." The fact that I wasn't even out of high school yet was not a point of pride for me.

That same year, my friend spent Christmas vacation in treatment.

After that, weight was no longer

important to me. I wanted only my health—and my happiness.

I stopped looking at exercise as a burden and learned to enjoy the exhilaration of a good workout. I stopped counting calories and started focusing on nutrition. I now seek satisfaction in achieving well-toned muscles and a healthy heart.

I won't kid you. I'm no fitness queen. In fact, I've let things slide a little since I returned to school, but I'll get back on top of things. I wouldn't be myself if I didn't.

I'm sure I'll always struggle with my body image. Most people do. But now my focus has turned inward. I've learned to listen to my body and to respond to what it tells me.

When I am tired, I try to sleep. When I am hungry, I eat. When I am thirsty, I drink. When I am stressed out, I work out.

I often wonder why it took extreme circumstances for me to start taking my health seriously.

I thought because I was young I didn't have to worry about things like nutrition and exercise.

Now I realize youth does not make a woman invincible. It makes her vulnerable. Quite vulnerable indeed.

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