



The Betty Newsletter

Peeling Away the Myth

Issue #33



Low fat! Low Carb! Don't eat after 8pm! Sick of hearing all these questionable diet tips? Finally, the honest truth about the 10 most common diet myths.

- 1. Low fat or no fat diets are good for losing weight.** The truth is that we need to have about one-third of our calories coming from fat. The body needs fat for energy, tissue repair and to transport fat soluble vitamins.
- 2. Crash dieting or fasting makes you lose weight.** The truth is that these methods may hinder weight loss because the body will respond to **crash** diets by shocking its metabolism and allowing the body to conserve fat stores even more since the body believes it is being starved and wants to preserve what it can for the future.
- 3. Don't eat after 8 p.m.** Seriously, it's not *when* you eat that makes you gain weight but really the *total amount* of calories consumed within a 24-hour period.
- 4. Exercising on an empty stomach burns more fat.** This is false! The fact is when you eat a pre-workout snack your body will begin to burn its carbohydrate stores and fat. However, if you skip meals your body will use your own muscle tissue for energy. And less muscle tissue means *less calories burned in the day*.
- 5. Eating grapefruit will help you burn fat.** Myth! There is no such thing as food being capable of burning or *melting* fat away.
- 6. Protein builds muscle.** For body builders who are spending their cash on protein powders and amino acid supplements, we still need carbohydrates in order to have the energy to build muscle tissue as well as enhance muscle movement. If we only eat a diet high in protein, our bodies will use the protein for energy rather than for muscle tissue.
- 7. Sugar causes diabetes.** If you have diabetes then yes you must watch your consumption of sugar and carbohydrates. However, if you are not a diabetic then having some sugar in your diet will not cause you to develop the disease. On the other hand, a high calorie diet, being overweight, and being inactive will *increase* your chances of developing Type 2 Diabetes.
- 8. Fast foods are always unhealthy.** Another false statement. Many fast food establishments offer healthy or at least healthier options. For example, instead of super sizing your meal, choose a small. Or, instead of soda, have some water with that meal. Also avoid the french fries and ask for a side salad with low fat salad dressing if available. Lastly, instead of that hamburger, go for the grilled chicken sandwich with no mayo or cheese.
- 9. Nuts are fattening and should be avoided when losing weight.** The fact is nuts contain *good* fats, fiber, vitamins, and minerals. Therefore, if eaten in small amounts, they can richen up your salads, and most importantly, they can be part of a healthy weight loss regime because they actually *curb* your hunger!
- 10. The higher percentage of vitamins and minerals in your supplements the better.** Another costly myth, since our bodies can only absorb so many nutrients at one time. Just aim for that 100% of your daily requirements, and you'll help yourself stay in great shape!

~Hissa Alsudairy

Shils, M. E., Shike, M., Ross, A. C., Caballero, B., and Cousins, R. J. (2005). Modern Nutrition in Health and Disease. 10th ed. Lippincott Williams & Wilkins. 1-2146.

<http://www.netdoctor.co.uk/womenshealth/features/dietmyths.htm>

<http://www.medicalnewstoday.com/articles/66363.php>

This newsletter was named 'The Betty' after the Betty Lamp: a symbol adopted by Family and Consumer Sciences representing joy, knowledge, fellowship, cooperation, service, achievement, and the light of home and mind.





CARBON EMISSIONS FROM GRANOLA BARS?

In a recent *New York Times* article called *To Cut Global Warming, Swedes Study Their Plates*, it discussed that Sweden was the first country to try this new idea of discovering how much carbon dioxide is within some foods. This has already been seen in grocery markets and restaurants across the country. Some people who are all about food will think this idea is a joke, but in truth a diet can change with the proportioned intake of climate-control gases, particularly carbon dioxide. There are mixed feelings among consumers saying that this has not affected their diet, while researchers say that cutting the carbon gases in food could reduce global warming from 20-50%. This could be the newest way of reducing global warming.

This idea of labeling the amount of climate-gases on our food labels comes off as bizarre in realizing that this is what our world has come to with its on-going battle with global warming. Swedish researchers had said that this new study is still in the works and is in the trial-and-error stage in seeing if it has any great affects. If, however, it does, this may become a worldwide movement that will soon take over restaurants and grocery stores. Anticipated success or failure is what is having Swedes feel skeptical. Over the years, researchers, scientists, and engineers have created a lot of new products, and have revamped old products in order to make them eco-friendly—from eco-friendly cars to eco-friendly nail polish. Organic food is on a rise as well, but is the next step to the global warming situation eco-friendly food?



~Jen Whang

JUST FOLLOW THE LIGHT

As an Interior Design option, I am currently taking a course on lighting. I must admit, when I first enrolled in the class I was NOT excited about it. I figured it would be another technical class with a bunch of technical terms that my not-so-technical brain would have a hard time digesting. But I was in for a pleasant surprise.

Yes, lighting is a technical subject, with lots of names and categories to memorize. But it's so much more than that! Lighting affects every single aspect of Interior Design, and I have learned so much from this one course. For example, I always wondered why I always looked so much better after applying my make-up in my best friend's bathroom mirror. Now I know: the lighting framing my friend's bathroom mirror is direct/indirect side lighting. This is much more effective for applying make-up than the direct overhead lighting in my bathroom at home. Once I made this fascinating realization, I took a technology trip straight to LampsPlus.com and ordered myself two new lighting fixtures! Now I apply my make-up with the same results I achieved at my best friend's house.



This is just one example of how a little change in the lighting of a space can make a big difference in your life. I want to include some lighting tips for your own place of residence:

1) In the bathroom, up-light is more flattering than down-light, and side lighting is the absolute BEST for applying makeup and fixing hair. I suggest two matching light fixtures on either side of the primary mirror in your bathroom, or wherever you get all prettied up!

2) In the bedroom, install a dimmer. This is a great, energy-reducing way to make your room more a part of you becoming more cost efficient as well as to bring variety to the space. With a dimmer, you can adjust the light level to suit your mood or the activities taking place (wink wink!). You also save energy and money because the light is not burning at full brilliance at all times when on.

These are just a couple ways to make your lighting situation a bit better, because with light, a little goes a long way!

~Victoria Bradbury



APPLIED BEHAVIOR ANALYSIS FOR AUTISM

Imagine a boy who cannot interact with other people, a boy who cannot say hello or goodbye or show any expression on his face. Imagine a girl who bites her own skin, throws tantrums constantly, and cannot perform the simplest motor skills. This is autism, a complex neurobiological disorder that is reaching epidemic proportions in this country. The stresses and challenges of raising such a child involve learning to adjust to the child's behaviors, being more involved in education, and choosing therapy and good professional help.

Last semester I was hired by an agency to work in the home of an autistic girl. I was an intervention therapist, and my client was 10-years-old. Her communication was extremely poor, she could not raise her arms straight out to the sides or hold a ball above her head, and she was incapable of properly following my instructions.

Using approaches from Applied Behavior Analysis (ABA), I found that a mixture of verbal and nonverbal techniques helped. For example, if I wanted to teach her imitation skills, my first approach was to teach large motor skills such as clapping hands. First, I would get her attention verbally ("Look at Elyse"), then say, "Do this." Then I would get her attention non-verbally by clapping my hands twice. I would then wait about two seconds to see if she responded. If not, I would gently take her hands and clap them together twice. I would give positive feedback after she gave the desired response, whether I physically coaxed her or not. This reinforced the desired response.



This technique was very fulfilling because it allowed me to reach the child and help her improve. Both the parents and I began to see real change occur in her behavior, both at home and in school. Through the use of ABA therapy, I learned how to modify some typical autistic behaviors and give hope to the parents of this amazing child.

~Ellis Tamari

SERIOUS RISKS OF SLEEP DEPRIVATION: THEY MAY KEEP YOU UP AT NIGHT

I recently gave a speech on sleep deprivation, after staying up until 3:00 a.m. working on an art project. The student who gave the speech just before me talked about procrastination, and how it was causing him to be sleep-deprived. So much so that he nearly got into an accident driving to class. It goes without saying that lack of sleep is the norm for college students, and we can all relate to this common predicament. But there are serious consequences to this seemingly accepted dilemma.

Research shows that 73% of college students admit to sleeping problems. Most commonly reported is lack of sleep. Ironically, sleep deprivation is more often caused by school-related activity, not partying. And yet the result is reduced concentration, impaired problem-solving skills and lack of retention. This is hardly the formula for successful scholarship. More serious, though, is the dramatic decrease in reaction time. This is especially crucial when behind the wheel.

Most of us have probably experienced those frightening few seconds of nearly nodding off very late at night during a long drive. There's a scientific name for this: "microsleep." It takes less than a second to drift into a lane of on-coming traffic, and research shows that driving while drowsy is actually more dangerous than driving while drunk. Sleep deprivation is serious and can cause grave harm to you and to others. Even romantic relationships can suffer from this everyday dilemma, because sleep deprivation makes you cranky, irritable and no fun to be around.

The good news is that you don't really need as much sleep as you may think, and this fact makes it easier to believe you can improve things. Current research says that 6 hours, not 8, can be enough, especially if you allow yourself to rest just a bit now and then through the day. Helpful tips to get a good night's sleep include: 1) Drink your last cup of coffee or soda during the day, not at night; 2) Be realistic about what you really need to do the night before, and what can wait (that assumes you are not like the guy in speech class, a chronic procrastinator), and 3) Avoid the temptation to get online just before bed: internet surfing becomes an open-ended activity that prevents your mind from slowing down enough to approach a sleepy state.

Good luck and good night!



~Dolan Peters



BOYS, BOYS, BOYS

Finally, a shout out to all you fashionable men, we have not forgotten about you! Whether you are aspiring to dress better or you do not know how to dress at all, I have been approached to write about men's fashion. With all of the new menswear designers in the industry along with women's brands that have expanded to designing men's clothing, the fashion world is at your feet. Here are some of my basic tips for dressing yourself (or your boyfriend).

- 1) **Try clothes on!:** I have heard one too many times that men do not like to try on the clothes they want to buy. Utilize the fitting room and see how the garment fits your body type. You need to know what you look like before you purchase anything (Hint: if you are not a fan of shopping trips, try going in the middle of the week around noon. The mall will most likely be empty creating a more relaxed shopping experience).
- 2) **Know your size:** Do not, I repeat, do not buy clothes that are too big for you. By wearing apparel even one or two sizes too large for your frame, you create an illusion of being shorter and/or you add or delete size from your actual body size (neither of which works in your favor). By trying clothing on you will learn *your* size and you can be confident that *your* wardrobe makes *you* look amazing. Clothes that fit can make you look more mature, taller, thinner, and much more put together.
- 3) **Start with basics:** Ground your wardrobe with basics—basics are your best friend. Building a wardrobe can be difficult if done incorrectly, so you should always start with basics and work your way up to pieces that pop in order to create a closet that can be mixed and matched a hundred different ways. A plain white t-shirt can be worn alone, under a vest, over a long-sleeved thermal, or under a jacket. From there, purchase graphic t-shirts that are age-appropriate and work your way up to pieces like polos and button-up shirts.
- 4) **Do not be afraid of color:** A lot of men stick to very elementary color palettes because it is "safe." Step outside of your comfort zone and *try on some color*. That's right, please return to the fitting room and try on that gorgeous purple shirt! I would say knowing what colors work best with your skin, hair, and eyes is going to ensure you look your best, but of course, *confidence* is still the key element when wearing color.
- 5) **Find a tailor:** This is great advice for men as well as women. Most clothing bought off the rack will not fit you the way it is supposed to, and the only way to fix that is with the help of a professional tailor. When it comes to knowing what to change and how best to adjust the apparel to fit *your* body, you can find moderately priced tailors that are magnificent. Appropriately fitted clothing is always the best bet on any type of frame.
- 6) **Buy a suit:** Every man needs to own a suit just as every woman needs to own that little black dress. You do not need to spend a fortune doing so because stores like Target now offer a line of men's suits! Find a basic material (many are made of wool) and a basic color or pattern. Black is a good basic, but I would suggest purchasing a navy suit or a gray suit. Navy is a power color and ideal for interviews. You may not be likely to wear a suit everyday, but a navy suit is perfect for any last minute interview. Gray is very modern and comes in a variety of shades. Because of the variety in gray coloring, you can choose the best shade for your overall ensemble. Lighter grays are more casual, while darker grays create a play on the traditional black suit. If you want a pattern, try a pinstripe because it is a classic style and creates the illusion of a longer/taller figure. The most important things when shopping for a suit are to have an idea of what you want and be cautious of the salesmen. Suit salesmen are similar to used car salesmen—they are looking for the easy sale even if it is not the right sale for you.



These six easy tips are a sure way to create a lasting and functional men's wardrobe. Find clothes you cannot live without and create your own unique style from the feet up. If you are already a fashion leader, then keep leading the pack. On the other hand, if you are still waiting to shine, take your time and get comfortable with your body type and learn how to make your style work with your overall coloring, size, shape, and level of confidence. Really guys, fashion is not just for us girls!

please visit Stacey's fashion blog @ <http://fashionfriendlyfrugal.blogspot.com/>

~Stacey Gadus



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and help show CSUN what we're all about!



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POPCORN!
RAFFLES!
MUSIC!
FREE!

- Apparel Design and Merchandising
- Consumer Affairs
- Family and Consumer Sciences Education
- Family Studies
- Interior Design
- Nutrition, Dietetics and Food Science

November 5, 2009

11am-2pm

Matador Square

(Across from University Student Union)

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Nicole is *The Betty* editor. She is a family studies option, minoring in human sexuality.



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STACEY GADUS

Stacey is a CSUN FCS fashion alumni still writing for *The Betty*!



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Victoria is an interior design option.



ELLIS TAMARI

Ellis is a grad student new to family studies and one of our newest SAFCS members!



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"HEY! DO YOU HAVE SOMETHING TO SAY?"



We want to hear what you have to say, because we know you've got something worth saying! Fashion, family studies, interior design, consumer affairs, education, nutrition... your option matters! We *especially want to see what kind of edge or flair you have!*

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