



NutriBytes:

Mini Messages for Smart Brains

Orgasmic Organics: Is "O" the way to go?

Food



More info at: www.ams.usda.gov/nop

What does "organic" mean anyway?

- Grown without the use of conventional pesticides, artificial fertilizers or sewage sludge.
- Food was processed without ionizing radiation or food additives.
- For animals, it means they were raised without use of antibiotics and without use of growth hormones. Also, at all levels, organic food is produced without use of genetically modified organisms.

However...

- Products labeled "organic" must consist of at least 95% organically produced ingredients (which means that 5% of that product may NOT be organic, unless it is specifically labeled 100% Organic).
- The USDA regulates Organic labeling, farming and food production in the United States.

Nutrition



But Organic food is healthier right?

WRONG!

- The nutritional content of organic vs. non-organic foods is **THE SAME**. One is no different than the other with the exception of how they were grown.
- On serving of the Organic Rice Krispies cereal has 120 calories, and surprise, surprise, one serving of regular Rice Krispies also has 120 calories! They also have the same amount of sodium, fat, carbohydrates and vitamins and minerals.
- The big difference is the **PRICE!** You will shell out \$0.55 cents per ounce for the Organic cereal versus \$0.35 cents per ounce for the regular. Which doesn't sound like much, *unless you are a poor college student...*

Fitness



Fitness will always be an important part of keeping a healthy lifestyle

- No matter what type of food you eat, it is important to stay physically active throughout your week whether it's shooting hoops during a study break or getting on the treadmill for 30 minutes, 3 times a week.
- Both which are available at the fabulous Student Rec Center!

More info at: www.vanderbilt.edu/CampusRecreation/