

Bathroom Reader

Vol. 1:No. 4 March 16-31, 2004

March is:

National Nutrition Month

Have you had your vitamins today? Check out the library display on foods and nutrition. From organic v. genetically-modified, from vegetarianism to Mad Cow disease. The Library has it all~

100 years ago: The banana split was invented in Latrobe, PA. Peanut butter was touted as a health food for the elderly. Post Toasties arrive. And the Campbell Soup Kids are created. And French's mustard is introduced. Talk about nutrition!

How many calories?

How much fat?

How many carbs?

Using *Fast Food Facts* you can check the content of the fast foods that you just had for lunch. The website is:

<http://www.kenkuhl.com/fastfood/fastfacts.shtml>

FACT: The standard rum ration for a marching soldier prior to the Revolutionary War was 7 gills or about 4 cups. So how fast did they march on that much rum?

UW Fox Valley Library
<http://www.fox.uwc.edu/library>

Ever wonder about the chemical pollution and how it affects humans?

Check out the site called

BODY BURDEN at

<http://www.ewg.org/reports/bodyburden/>

Most of the chemical pollution contained in our bodies are chemicals that have been created in the last 75 years!

Nutrition Navigator

<http://navigator.tufts.edu/>

Use the Nutrition Navigator from Tufts University to check out their Rating Guide for *Nutrition Web Sites*

Think about this over lunch:

In 1969, 2.8 million people used food stamps, today that number is 21.8 million people!

According to the US Dept. of Agriculture, over 10% of the American population does not know **where their next meal is coming from** or if a next meal is coming. Support your local food pantries and social services to feed others in our community.

Do I use a fork or a knife to eat my peas? Answer: See the History of Eating Utensils and check out how they have evolved over time.

<http://www.calacademy.org/research/anthropology/utensil/>

For Eating Etiquette see

<http://www.csuchico.edu/plc/e-etiquette.html>

26% of the food purchased by US households is thrown out or wasted!