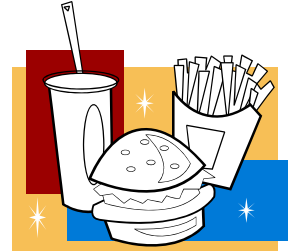


ELI Weekly

Fast Foods and Your Health

If you eat fast food a lot, you are running a risk. Eating lots of fast food is a good way to get fat and do a number on your body. If you are looking to better your health, you should look beyond your local McDonald's or Burger King. While they both have healthful alternatives to their signature burger, fries and a soda staple, many of their menu items can be detrimental to a healthy diet.



A lot of items on a fast food menu are extremely high in fat, calories, cholesterol and sodium. Those are all things your body needs, but only in seriously limited quantities. The average adult should have a caloric intake of fewer than 2,000 calories and less than sixty grams of fat per 24 hour day. A McDonald's Big Mac contains over six hundred calories, thirty grams of fat and over one thousands milligrams of sodium (over forty five percent your recommended daily allowance). If you add a large order of French fries to your meal, you add another five hundred and forty calories, twenty six grams of fat and over three hundred and fifty grams of sodium. Add a soft drink to that and you have over half of your daily allowed caloric intake and almost your entire allowable fat intake completely consumed in one meal.



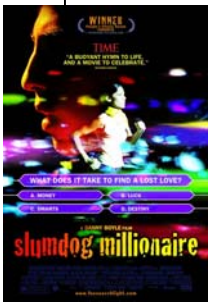
While some fast food choices are unhealthy, it is important to note that not all fast food menu items are bad. If you make simple changes in your selections at these restaurants, you can actually consume fewer calories than you would at a high end restaurant. Many fast food restaurants offer grilled chicken salads. They are low in calories and high in nutrition. Choose broiled or grilled foods over fried foods and you can cut the calories and fat content nearly in half. Skip the French fries and opt for a diet soda or water instead. Instead of using high fat mayonnaise, use ketchup or mustard to top off your burger. If you crave those fast food French fries, go for a small size and cut down on nearly sixty percent of the calories. Eat your burger without a bun or choose a whole wheat bun instead. Instead of the double cheeseburger, go for a single!

In order to please a growing number of consumers who are concerned about their health, many fast food restaurants are converting to using none or very few trans-fats which have been determined to be harmful to our health. You can check with the restaurant to see a listing of their nutritional information.

While fast food generally has a bad reputation with health conscious people, most restaurants are making great strides in making more healthy food choices available. Always ask for nutritional information before you bite into that double cheeseburger.

Article Source: http://EzineArticles.com/?expert=Jerry_Passi

Free Students Activities on Campus



Films: "Slumdog Millionaire"

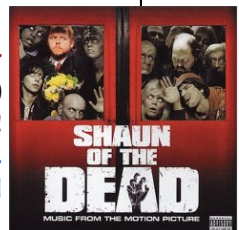
Slumdog Millionaire is the story of Jamal Malik (Patel), an 18 year-old orphan from the slums of Mumbai, who is about to experience the biggest day of his life. With the whole nation watching, he is just one question away from winning a staggering 20 million rupees on India's "Who Wants To Be A Millionaire?"

- Date and Time: **Wednesday, 4/22, 9 p.m. - 11 p.m.**
- Location: **PSU Theater**

Dinner and a Movie: Zombie Week Opener

Celebrate SAC's commencement of Zombie Week by watching Shawn of the Dead (Rated R) during Late Night Dining and enjoy the classic dish of spaghetti!

- Date and Time: **Thursday, 4/23, 9 p.m. - 11 p.m.**
- Location: **Blair-Shannon House Dining Hall**



For more events and activities, visit: <http://calendar.missouristate.edu/>

Also, ALWAYS check [the Student Activities Board](#) across from the 2nd floor Computer Lab!

Announcements

- MSU will convert to **the new Banner system** beginning the Fall 2009. You should have received e-mails at your bear mail account from the Registrar's Office explaining about using My Missouri State and/or My Information to update your information. Please refer to the email from the Registrar's Office on how to do this.

Town Hall Meeting !

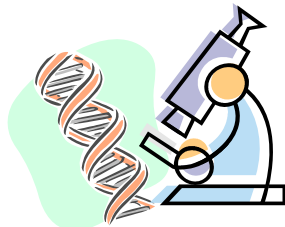
How can the ELI be better?
Please come make suggestions.
All ELI students are encouraged to come.
There will be snacks, too!

- When: Tuesday, April 21, 3 pm - 4 pm
- Where: Room 401



Academic Lecture

- Levels: 4 & 5
- Date & Time: Thursday, 4/23 @ 1 p.m.- 1:50 p.m.
- Speaker: Kyung Tae Kim
(Biology Department)
- Room: 401



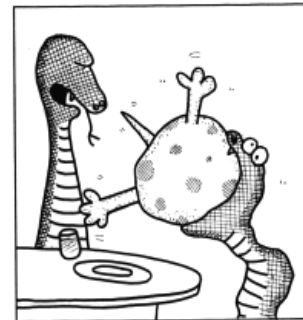
Weekly English Expression

You eyes are bigger than your stomach !!!

- A: I'm going to order a steak, a large plate of fries, some green beans and mushrooms, a salad, and a piece of cake.
B: Isn't that a bit too much?
A: I'm very hungry.
B: Yes, but ***your eyes are always bigger than your stomach.**
A: Not this time.
B: What about dinner is on you if you don't eat them all?
A: It's a deal.
B: All right. You'll be eating your words.

*Your eyes are bigger than your stomach

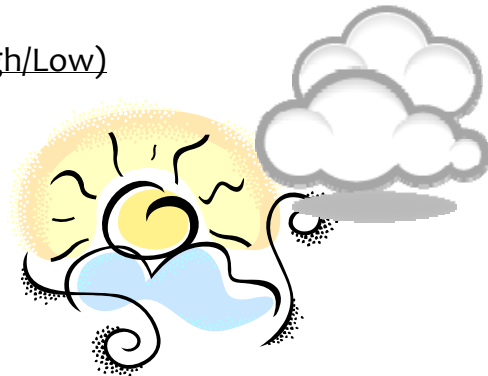
- Someone wants more than he or she can handle



Weather Forecast

Forecast for April. 20 — April. 26

		Fahrenheit (High/Low)
Monday:	Partly Cloudy	58/40
Tuesday:	Partly Cloudy	65/45
Wednesday:	Sunny	73/53
Thursday:	Mostly Sunny	76/55
Friday:	Partly Cloudy	75/55
Saturday:	Partly Cloudy	74/56
Sunday:	Mostly Cloudy	63/53



Weather forecasts are **always** changing, so for the most up-to-date forecast, go to: www.weather.com, or watch the local news or the weather channel.