

- Choose whole-grain breads and cereals
- Drink non- or low-fat milk and eat low-fat cheese
- Drink at least six glasses of water a day
- Severely limit unhealthy foods, fast-food restaurants, and eating binges
- Snack on fruits instead of potato chips. Apples, for example, have no fat.
- Stay away from super-size meals unless you want a super-size body!

To help you develop healthier eating habits, consider this activity. For three days write down everything you eat or drink—snacks, wine, meals—every bite and sip. Complete the **Three-Day Food Tracking Sheet** located at the end of this chapter. This exercise will assist you in keeping track of your food intake.



WHAT YOU DO TODAY MAY IMPACT YOU FOR YEARS TO COME

What Is Your Responsibility to Ensure Wellness?

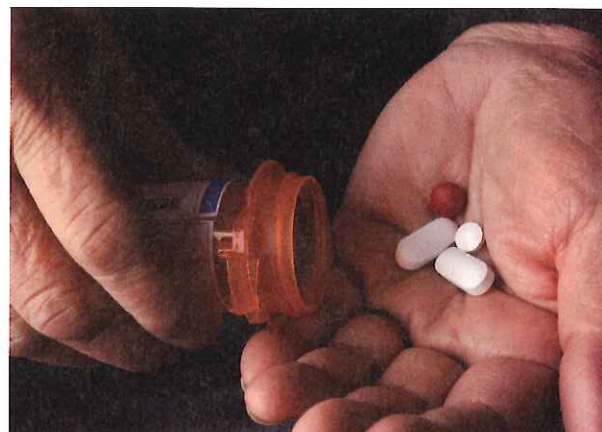
The following section will simply provide you with information that you can study and use to make intelligent decisions about drinking, drug usage, smoking, and sexual behavior. The only thing we ask is that you consider carefully this fact: Everything you put into your body and do with and to your body has a direct effect, either positively or negatively, on your overall wellness. As with many things, the choice is yours.

Drugs and Alcohol

First, you need to know that alcohol *is* a drug—it is addictive, and many people of all ages get hooked. According to Learn About Alcohol (2012), Americans spend over 197 million dollars per DAY on alcohol and there are over 12 million alcoholics currently struggling with the disease. Although it is legal for people over 21, it is a drug, just as cocaine and ecstasy are drugs. Drugs can basically be divided into two categories—legal and illegal. It may sound strange, but drugs run the gamut from caffeine to crystal methamphetamine. The decision to use a drug, legal or illegal, is yours and it is personal. However, every drug—from tobacco to roofies—has ramifications and health consequences. If you choose to use certain drugs, you are literally gambling with your life. Figure 14.3 provides a better understanding of many legal and prescription drugs.

How Can Prescription Drugs Negatively Impact Your Health?

More Americans today are addicted to prescription drugs than to illegal drugs, and college campuses are only a microcosm of the country. Nonmedical use of prescription drugs for either recreational purposes or for purposes other than their prescribed intent has reached epidemic proportions. The three classes of prescription drugs most commonly abused are pain medications, anti-anxiety and sleep medications, and stimulants. All of these medications have had a history of being overprescribed, and if students don't come to campus with pills or prescriptions from their homes, many acquire them through the Internet or other means. These drugs, because of their familiarity to the user, can



Do you think it is OK to take prescription drugs for recreational use because a doctor prescribed them?