

WELLBEING

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Coming to Terms: *Defining Familiar Expressions*

Do you know the difference between a portion and a serving? A sprain and a strain? A food allergy and a food intolerance? These are terms most of us *know and use*, but may have a hard time defining.

Portion vs. Serving



A portion, or a helping, is the amount of food you eat at a particular meal.

A serving or serving size is a unit of measure that suggests how much of a particular food you should eat, based either on the nutrient levels (food label serving) or on the daily recommended amount of a particular food group (the Food Guide Pyramid.)

Portions that exceed recommended serving sizes can lead to weight gain.

Because food portions are bigger than they were 15 or 20 years ago, it's a good idea to check serving size before you eat the whole thing. For example, a restaurant plate of pasta can be four to five times more than the recommended $\frac{1}{2}$ cup pasta. Read food labels when possible. A serving of soup may be 100 calories, but an entire can may have 2.5 or 3 servings.



Sprain vs. Strain

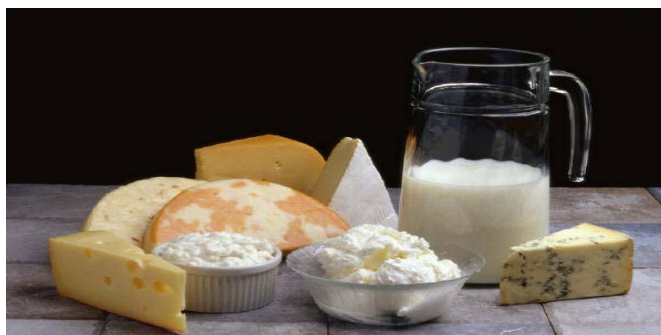
Both sprains and strains are soft tissue injuries that are often

treated with rest, ice, compression and elevation (RICE).

A sprain is a stretch or tear in a *ligament*, a strong band of connective tissue that connects a bone to another bone. Sprains commonly occur when you twist an ankle or knee, or catch a fall with an outstretched hand (spraining a wrist).

A strain is an injury to a *muscle or a tendon*, the rope-like connective tissue that connects muscle to bone. A strain most frequently occurs in the foot or leg. It can be just a stretch of the muscle or tendon, or a tear in the muscle/tendon. A complete tear can require surgery.

Food Allergy vs. Food Intolerance



A food allergy is the body's attempt to protect itself from a food it mistakenly identifies as harmful. The immune system creates antibodies and releases chemicals and histamine when that food is present. Allergic reactions to food can be life threatening. The eight foods that account for 90% of severe allergies are peanuts, tree nuts (walnuts, pecans, etc.), fish, shellfish, eggs, milk, soy and wheat.

Foods that are *least likely* to cause a food allergy include: apples, lamb, pears, sweet potatoes, winter squash, rice, carrots and cherries.

Food intolerance or sensitivity is the inability of the body to properly digest or completely process a particular food. It is metabolic, and does not involve the body's immune system; there is no histamine response. For example, a person who is lactose intolerance lacks the enzyme needed to digest milk sugar and may experience gas, bloating and stomach pain when they eat dairy.

You Can Become The Family That Cleans Together

Cleaning the house does not rank high on many people's list of fun things to do. But it *is* a chart topper when it comes to things that are nice to have done.



Household chores can also be a source of family dissension and disagreement. The person (people) who end up doing the lion's share aren't happy, and the people who have to listen to their complaining aren't happy, either.

Why not try to create a win-win situation out of something that's not going to go away?

Sometimes the worst part of cleaning is anticipating the task ahead of you. It may never be a fun activity, but the experts offer some suggestions, and some surprising findings that may make it worth your while to adapt some new behaviors.



Chores *do* teach kids how to take responsibility, and learning to help gives them a feeling of accomplishment and competence (It's not just moms saying that). The key is to assign age-appropriate tasks, give kids a little leeway in how they accomplish the job (try not to second guess, critique or redo), and stick with it. Resist the

temptation to take back chores because it is just easier to do it yourself.

Redefine the role of "chores" in your household. They should be viewed as a necessary part of creating a pleasant family environment for everyone, not punishment or drudgery.

Determine what outcomes are *most* important to everyone. Get family input on the ideal home environment: always have clean clothes, no dishes in the sink, living room neat and clean, nice touches like fresh flowers or candles, etc. If you start with the positive results you want to achieve, chores become a way of accomplishing that goal, and not just unpleasant tasks that take up time.



Divide and conquer. There are some chores nobody likes – maybe it's doing dishes, cleaning the toilet, or emptying trash; there are some chores that are more satisfying, and then there are tasks that have a way of being assigned strictly on a gender basis. Mix it up at your house; everyone should share in the work, to the degree they can.

Want your kids to be better behaved and have more friends? Get dad to do chores with them. Sociologists at the University of California found that kids are impressed by the dad who cooks, cleans and runs household errands, because it is non-traditional.

But Not *Too* Clean

A little dust can be a good thing for the kids, according to a study from the Arizona Respiratory Center. If children are exposed to endotoxins (found in house dust) before age 3, it may reduce risk of allergic reactions such as wheezing and eczema.

