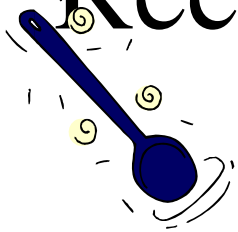


# Nutritious & Delicious Recipe Book IV



## Self Care & Healthy Living



This year the cookbook is going to be geared toward self care and healthy living. The tips and healthy recipes will help you take care of yourself by practicing wise health consumer choices. Thank you IPFW employees for contributing your recipes.



Sponsored by IPFW/Parkview Health & Wellness Clinic  
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Revised: 11/07

# Better Eating for a Busy Schedule

## **MyPyramid Nutrition Guidelines**

- 1 ½ - 2 cups of fruit per day
- 2 – 3 cups of vegetables per day
- 6 – 8 oz. equivalents of whole grain bread or cereals per day
- 2 – 4 cups of low fat milk, yogurt, or cheese per day
- 5 – 7 oz. of lean meat, poultry, fish, or plant protein per day
- 5 – 7 tsp. fat per day (limit saturated and trans fats)
- 150 – 200 “favorite” calories per day (something you enjoy)

## **Shape Up Tips For a Busy Schedule:**

1. Cook and freeze ahead:
  - Cook 2 dinners at the same time. Serve one tonight and one the next day.
  - Cook 2 of the same dinner. Serve one tonight and freeze the other for another time.
  - Cook pasta, soups, sauces, whole wheat muffins/breakfast cookies, etc. ahead of time and freeze them so you can pull them out as you need them.
2. Make fruits and vegetables and other foods easy to eat:
  - Keep a basket of fresh fruit on the counter
  - Clean and pre-cut fruits and vegetables so they are easy to grab and go. They will be ready when you want to add them to a recipe or eat as a snack.
  - Buy pre-cut fruits and vegetables for one pot meals, stir fry, casseroles, or salads.
  - Buy pre-cut or pre-portioned meat, poultry, or fish for easy meals. Combine and heat pre-cut meat, vegetables, sauce, and seasonings for a meal
  - Add leftover meat or chicken to mixed greens for a meal.

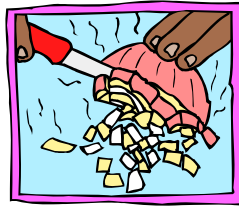
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[www.ipfw.edu/health](http://www.ipfw.edu/health)  
[www.purdue.edu/healthypurdue](http://www.purdue.edu/healthypurdue)

## **2007 Nutritious & Delicious Theme:**

This year the cookbook is going to be geared toward self care and healthy living. The tips and healthy recipes will help you take care of yourself by practicing wise health consumer choices. Thank you IPFW employees for contributing your recipes.

### **HEALTHY PURDUE**

770 IPFW faculty and staff completed the Health Path Questionnaire in 2007 to receive \$150. The results showed that excess weight, tobacco use, and mental well being issues are the in top health concerns among employees. Purdue has increased the number of free mental health visits on our insurance package plus Purdue is now allowing up to 12 free visits with a dietitian and \$400 towards tobacco cessation programs/products. In the year 2007, Purdue took it one step further and offered an additional \$250 on top of the \$150 to complete recommended health criteria, like getting preventative screenings, attending a workshop, etc. The Healthy Purdue financial incentive is for benefit-eligible staff only, but ALL IPFW STAFF is welcome to join us in the criteria challenge for a healthier lifestyle. Look out for workshops being offered next year. Topics will include: Cholesterol, Healthy Eating, Blood Pressure, Self Care and Wise Consumerism. The Health Path Questionnaire will be available on-line starting January 2<sup>nd</sup> - April 30<sup>th</sup>, 2008. You will need your Cholesterol Profile, Fasting Glucose, Height, Weight, and Blood Pressure. You can participate in one of IPFW free wellness screenings or you can get results through your health care provider, as long as it is after September 1<sup>st</sup>, 2007. To sign up for a Free Screening go to [www.ipfw.edu/health](http://www.ipfw.edu/health) or for more information about Healthy Purdue go to [www.purdue.edu/healthypurdue](http://www.purdue.edu/healthypurdue).

### **TIPS FOR MINDFUL EATING:**

1. Eat when you are hungry and stop when you are comfortably full.
2. Legalize food and eating. Give yourself permission to eat what you want when you are hungry. The key is moderation.
3. Eat sitting down in a relaxed environment without distractions. Stop when distractions are decreasing your eating awareness or increasing your pace of eating. Distractions include reading, watching TV.
4. Be aware of eating due to emotional issues. Be aware of food avoidance due to emotional issues.
5. You do not have to eat everything now. You can have it later when you feel hungry again.
6. Try to have 3 meals and 2-3 snacks, daily.

## Conversions & Abbreviations

Tbsp. = tablespoon

c. = cup

pt. = pint

lb. = pound

tsp. = teaspoon

oz. = ounce

qt. = quart

pkg = package

3 tsp. .... 1 Tbsp.	2 Tbsp. .... 1/8 cup
4 oz. .... 1/2 cup	4 Tbsp. .... 1/4 cup
8 oz. .... 1 cup	8 Tbsp. .... 1/2 cup
2 cups .... 1 pint	5 Tbsp. + 1 tsp. .... 1/3 cup
2 pints .... 1 quart	12 Tbsp. .... 3/4 cup
1 quart .... 4 cups	16 Tbsp. .... 1 cup
1 gallon .... 4 quarts	

## Essentials For Your Kitchen

- A set of pots and pans with lids (1 qt, 2qt, stock pot, and a frying pan)
- Flat spatula for turning eggs, pancakes, grilled cheese and much more in the frying pan
  - Mixing spoons and rubber spatula
- It is always a good idea to have a cake pan and cookie sheet on hand
  - Measuring spoons and measuring cups
  - Plastic containers for storing leftovers
    - A few mixing bowls
    - A good set of cutting knives
    - Serving spoons

# Make and Take Grocery List!

## "Don't Leave Home Without It!"

### PROTEIN

- chicken breasts
- sliced turkey
- canned tuna
- lean ground beef
- eggs
- peanut butter
- canned beans
- nuts

### VEGETABLES

- tomato or V8 juice
- tomato sauce
- salsa
- frozen mixed vegetables
- carrots
- broccoli
- garlic, onions

### FRUIT

- apples
- bananas
- oranges or orange juice
- pineapple
- pears
- peaches
- raisins

### OTHER:

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### CARBOHYDRATE

- bread
- bagels, english muffins
- cereal
- rice, noodles
- potatoes
- corn, peas
- pasta
- crackers
- pretzels
- pop corn
- snack bars

### DAIRY

- milk
- yogurt
- cheese
- cottage cheese

### TOPPINGS & FLAVORINGS

- oil
- trans fat free margarine
- jam, jelly, honey
- salad dressing
- pepper
- cinnamon
- vanilla extract

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Make copies and take with you to the store

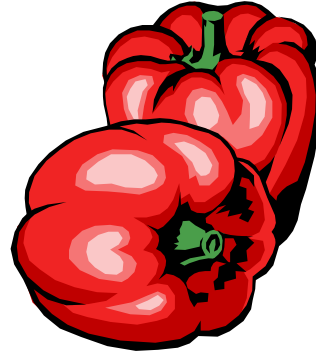
# Back to Nutrition Basics

- 1. EAT 3 MEALS AND 2-3 SNACKS DAILY.** Make time for meals. Eating 3 meals per day plus snacks will give you energy that will last all day and keep your metabolism active. Pack healthy portable snacks such as fruit or a granola bar when you are on the go.
- 2. BUILD MEALS AROUND COMPLEX CARBOHYDRATES.** Carbohydrate foods are the main fuel source for the mind and muscles. Complex carbohydrate sources are: whole wheat breads, cereals, pasta, and rice, beans, potatoes and other starchy vegetables. You need at least 25-35g of Fiber each day.
- 3. INCLUDE PROTEIN SOURCES AT EACH MEAL.** Protein sources provide essential amino acids, which are building blocks for body tissue. Lean sources include: non-fat or 1% milk, yogurt, low fat cheese, skin free poultry, seafood, lean red meats, tofu, soy, egg whites, and beans.
- 4. LIMIT HIGH FAT FOODS.** Fats provide essential fatty acids, which help transport nutrients and provide energy. Some fat is fine, yet too much may provide extra calories to cause weight gain.
- 5. LIMIT HIGH SUGAR FOODS.** High sugar foods like soda pop, candy, and desserts are high in calories and very low in nutrients.
- 6. STAY HYDRATED.** Proper hydration is important for healthy skin and organs. Drink water even if you are not thirsty. If you wait until you are thirsty, then you are already partially dehydrated. Pack a bottle of water in your backpack.
- 7. A REGISTERED DIETITIAN CAN HELP.** There are 2 Dietitians on staff at the IPFW/Parkview Health & Wellness Clinic. Call 481-5758 or e-mail [kiefferj@ipfw.edu](mailto:kiefferj@ipfw.edu) for an appointment. Free for IPFW employees and students. The Health Clinic is also available to staff and students for a small fee. To schedule an appointment with the Health Clinic call 481-5748.

# Appetizers

## Veggie Dip

1 tsp olive oil  
1/3 cup finely chopped onions  
1/3 cup finely chopped green or red bell peppers  
1/3 cup finely chopped zucchini  
1/3 cup finely chopped celery  
1/3 cup peeled and finely chopped eggplant  
1/3 cup chopped tomatoes  
1 tsp chopped, fresh basil (dried is fine)  
salt to taste  
freshly ground pepper  
1 tsp red wine vinegar  
1/3 tsp sugar



### Directions:

1. Heat the oil in a skillet over medium heat. Add the onions and peppers. Cook for 2 minutes.
2. Add the zucchini, celery, and eggplant. Cook 2 minutes more.
3. Add the tomatoes, basil, salt, and pepper. Simmer about 20 minutes, uncovered. Let cool.
4. Add the vinegar and sugar. Adjust the salt and pepper to taste.
5. Serve cold as a dip with pita bread, crackers or tortilla chips.

Jo Bauman, IPFW Nursing, (source: [www.foodfit.com](http://www.foodfit.com))

## Fresh Tomato Salsa

1 lb. firm ripe tomatoes, chopped  
1/4 cup finely chopped red onion  
1/4 cup chopped cilantro (optional)  
1 medium jalapeño pepper, chopped  
1/4 cup Light KRAFT Italian Dressing  
1/4 tsp. salt (optional)



### Directions:

**COMBINE** tomatoes, onion, cilantro and jalapeno pepper in medium bowl.

**ADD** dressing and salt; toss lightly.

**SERVE** immediately or cover and refrigerate until ready to serve.

Jenny Kieffer, IPFW Wellness (Source: [www.kraftfoods.com](http://www.kraftfoods.com))



# Appetizers

## Canadian Bacon Water Chestnut Rolls

### Ingredients:

- 1 (8 ounce) can water chestnuts, halved
- 1/2 pound sliced Canadian bacon, cut in half
- 1/4 cup mayonnaise
- 1/2 cup packed light brown sugar
- 1/4 cup tomato-based chili sauce

### Directions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Wrap each water chestnut with a piece of bacon. Place the rolls seam-side down in a baking dish.
3. Bake in the preheated oven for 30 minutes, or until bacon is crisp and cooked through. Drain off the grease. In a small bowl, stir together the mayonnaise, brown sugar and chili sauce; pour over the bacon-chestnut rolls. Return to the oven and bake for another 30 minutes.

Lynda McGehee, IPFW Registrar



## Peanut Butter & Jelly Sushi Rolls

### Ingredients:

- 2 tablespoons JIF® Creamy Peanut Butter
- 2 tablespoons SMUCKER'S Lite Strawberry Jelly, Jam, or Preserves (pick your favorite)
- 2 slices bread

### Directions:

1. Remove crusts from bread. With a rolling pin or large soup can, completely flatten bread.
2. Spread 1 tablespoon of Jif peanut butter and 1 tablespoon of Smucker's lite fruit spread on each slice of bread.
3. Roll each slice into a tight spiral. Cut each spiral into 4 pieces.

Liz Merkler, IPFW Registrar

# **Self Care Tip # 1**

## **TAKE AN ACTIVE ROLE IN EVERY DECISION ABOUT YOUR HEALTH CARE PREVENT MEDICAL ERRORS**

### **General Tips:**

1. Learn about your health problem(s) and its treatment options. Talk with your doctor and use trusted sources to gather facts.
2. Speak up if you have questions or concerns. You have a right to question anyone who is involved with your care.
3. Make sure that you have a personal doctor, who is in charge of your care and that all doctors treating you have all your health information.
4. Ask a family member or a friend to go with you to the doctor's office if you have a hard time discussing issues.
5. Know that "more" is not always better. Find out why a test or treatment is needed. What are the costs, side effects, success rate, and insurance coverage of each procedure?

### **Medication Tips:**

1. Make sure that all of your doctors, etc. know the medicines you are taken (both over-the-counter and prescription).
2. Make sure the doctor and pharmacist know about any allergies and adverse reactions you have had to medicines.
3. When your doctor writes a prescription, make sure you can read it, the pharmacist might not be able to read it either.
4. Ask questions about a medication if you don't fully understand why you are taking it or what the results may be.
5. When you pick up your medicine from the pharmacy, check the label. Make sure it has your name on it and the correct medicine prescribed.

### **Hospital Stay Tips:**

1. If you have a choice, choose a hospital with a good rating and a lot of experience in the surgery you need.
2. Tell the doctors, nurses, surgeon, and anesthesiologist any allergies that you have and that is correctly marked on the chart.
3. Make sure that all your doctors and nurses are clear on exactly what will be done.
4. Follow pre-surgery instructions.
5. Ask for written discharge instructions about recovery, side effects, medication schedule, reasons to call your doctor, and follow-up appointments.

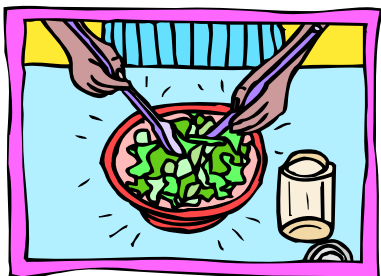
# Sides & Salads

## Classic Layered Salad

### Salad Mixture:

8 cups chopped iceberg lettuce  
¾ cup sliced red onions (1 small onion)  
2 cups frozen peas, thawed (10 oz. pkg)  
1- 6oz. pkg Oscar Mayer Smoked Ham, chopped  
¾ cups KRAFT Light Mayonnaise

¼ cup KRAFT 100% Grated Parmesan Cheese  
1 Tbsp. sugar  
1 cup KRAFT Natural Three Cheese Crumbles  
2/3 cup chopped tomatoes (2 small tomatoes)



### Directions:

1. Layer lettuce, onions, peas and ham in large straight-sided serving bowl.
2. Mix mayo, Parmesan cheese and sugar, Spread over salad to seal; cover. Refrigerate several hours or overnight
3. Top with cheese crumbles and tomatoes just before serving; toss gently.

Source: [www.kraftfoods.com](http://www.kraftfoods.com)

## Ramen Noodle Salad

### Salad Mixture:

1 pkg (16 oz) coleslaw mix  
1 bunch green onions (chopped)  
½ cup sliced almonds  
½ cup sunflower seeds  
1 pkg. beef ramen noodles

### Dressing Mixture:

1/3 cup canola oil  
3 Tbsp. sugar / Splenda  
¼ cup vinegar  
1 pkg. beef seasoning packet (ramen noodles)

### Directions:

1. Mix dressing and set aside.
2. In large bowl, crush noodles, add coleslaw, almonds and sunflower seeds. Mix Well.
3. Drizzle dressing over mixture. Toss and refrigerate

Trisha Hockemeyer, MA, RD, Purdue Extension-Adams Count

## Winter Salad with Balsamic Dressing

1 bag baby spinach or other salad greens  
1 medium pear, cored and thinly sliced  
½ cup dried cranberries

¼ cup pecans, toasted and coarsely chopped  
¼ cup gorgonzola or feta cheese, crumbled  
1/4 - 1/3 cup balsamic vinaigrette dressing

Directions: Combine all ingredients and Toss with Dressing, serve immediately

Stephanie Yeadon, MS, RD , Lutheran Hospital Dietitian



## Helpful Resources:

[www.kraftfoods.com](http://www.kraftfoods.com) provides you with quick, cheap, and easy recipes at the touch of a mouse. All the recipes use Kraft products that can be readily purchased at a grocery store. Even though some of these recipes may not be categorized as “healthy”, any recipe can be transformed into healthy by following the tips below.

You can register at [kraftfoods.com](http://kraftfoods.com) for a FREE seasonal recipe magazine that will be mailed to your home address. On-line newsletters are also available that are sent to your e-mail address.

[www.pillsbury.com](http://www.pillsbury.com) is another website using their products in easy and convenient recipes. They also have an e-newsletter available.

[www.allrecipes.com](http://www.allrecipes.com) is a great on-line resource for recipes. If you become a member for FREE, you can create your own on-line favorite recipe book with the ability to search all recipes with a keyword.

Search the Internet for recipes, here are some other organizations. You can find them by entering their name as a keyword: American Diabetes Association, American Dietetic Association ([www.eatright.org](http://www.eatright.org)), and American Heart Association ([www.americanheart.org](http://www.americanheart.org)).

## You can make any recipe healthier

1. Use Whole-Wheat pastas and rice instead of white rice and pasta
2. Substitute a full fat ingredient with a low-fat or light ingredient (ex. Light Salad Dressing, Light Mayonnaise, Low-fat Cheese, Light Sour Cream, Skim Milk, etc)
3. Use a Trans Fat Free Margarine instead of Butter
4. Salt is always optional in a recipe.

# Sides & Salads

## Millet-Mashed Potatoes & Onion Gravy

1 onion, chopped fresh  
1 cauliflower; cut into small pieces (approx 2 cups)  
2 cups millet  
7 cups water  
¼ cup chopped fresh parsley  
sea salt to taste (optional)

### Directions:

1. Place the onion, cauliflower and millet in layers in a saucepan. Add the water, cover and bring to a boil.
2. Reduce the heat and simmer for 25 minutes > Millet should absorb liquid and be soft. Drain off excess water before mashing.
3. Mash or puree in a food processor. Add a little water if necessary. A variation is to blend only half of the mixture and then mix into the unblended ingredients for a more chewy consistency
4. Garnish with raw parsley. Season with sea salt to taste. You could also top this with a slice of cheese.

## Onion Gravy

2 large onions, sliced  
1 teaspoon oil  
2 cups spring water  
2 teaspoons wheat-free tamari sauce or soy sauce  
1 1/2 tablespoons kudzu  
sea salt to taste

### Directions

1. Place thinly sliced onions in a pan with warm oil. Do not overheat. Cook at a low temperature, browning the onions.
2. Add 2 cups of water; simmer for 10 minutes.
3. Mix together tamari and kudzu in cold water. Kudzu should dissolve (kudzu is the thickener)
4. Add mixture to simmering onions. Stir until liquid becomes clear and thicker.
5. Add sea salt for seasoning.

**\*\* Millet, Quinoa (see Quinoa Porridge Recipe), and Kudzu can all be purchased at the 3 Rivers Food Coop or the North Anthony Health Food Shop.**

Submitted by: Christine Smith, IPFW Helmke Library

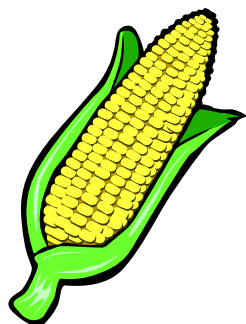
Source: Dr Gillian McKeth's Living Food for Health; 12 Natural Superfoods to Transform Your Health, Dr. Gillian McKeith, Basic Health Publications, Inc. 2005. ISBN 1591201225

# Soups

## Crock Pot Corn Potato Chowder

6 slices of crisp lean ham, crumbled  
2 tsp. sugar  
2 cans chicken broth  
½ cup chopped onions  
1 tall can evaporated milk

4 potatoes, peeled and diced  
16 oz can cream corn  
Salt and Pepper to taste  
½ tsp. paprika



### Directions:

1. Fry bacon and crumble (fine)
2. Combine all ingredients except milk.
3. Pour into crockpot, cover, and cook on low for 8-10 hours or high for 5-6 hours.
4. Add milk and cook covered for 1 more hour.

Trisha Hockemeyer, MA, RD, Purdue Extension-Adams Count

## Spicy Pumpkin Soup

### Ingredients:

½ cup chopped onion  
2 Tbsp minced garlic  
1 ½ Tbsp chili powder  
½ Tbsp cumin  
½ tsp Kosher salt (optional)  
½ tsp black pepper

4 cups chicken broth  
1 (15 oz) can pure pumpkin  
1 can black beans; drained and rinsed  
1 cup frozen corn  
¾ cup salsa (your heat preference)  
1 Tbsp Splenda

### Directions:

1. Heat a large pot over medium-high heat. Spray with cooking spray. Add onion, garlic, chili powder, cumin, salt, and pepper. Sauté for 3-4 minutes.
2. Add remaining ingredients and bring to a boil. Reduce heat and simmer 15-20 minutes.
3. Optional: serve this soup with fat free sour cream and/or reduced fat shredded cheddar cheese.

Stephanie Yeadon, MS, RD , Lutheran Hospital Dietitian



# Soups



## Fresh Vegetable Soup

### Ingredients:

- |                                    |   |
|------------------------------------|---|
| 1 bunch celery, chopped            | 8 tomatoes, chopped                     |
| 1 medium head cabbage, chopped     | 2 (1 ounce) packages dry onion soup mix |
| 1 large green bell pepper, chopped | 2 cloves garlic, minced                 |
| 1 zucchini, chopped                | 8 whole peppercorns                     |
| 6 onions, chopped                  | 1 bay leaf                              |

### Directions:

1. In a large pot, combine celery, cabbage, bell pepper, zucchini, onions and tomatoes.
2. Pour in enough water to cover by one inch. Stir in onion soup mix, garlic, peppercorns and bay leaf.
3. Bring to a boil, then reduce heat and simmer 90 minutes to 2 hours, until vegetables are tender and flavors are well blended.

Lynda McGehee, IPFW Registrar

## Harvested Chicken Stew



- 2 cups chopped onion
- 2 cups cubed, cooked boneless chicken breast
- 1 cup chopped celery
- 2 cups whole peeled tomatoes, with liquid
- 2 cups sliced carrots
- 5 cups chicken broth
- 1 cup sweet corn
- 1 cup peas
- 1 cup sliced zucchini

### Directions:

1. In a large soup pot combine all ingredients.
2. Stir together and simmer over medium low heat for 1/2 hour, or until vegetables are cooked and tender.

Jo Baumen, IPFW Nursing Department

# Breakfast & Snack Mixes

## Multi-Grain Pancakes/Waffles

(Quick, healthy, low-fat breakfast)

1 cup whole wheat flour	1 Tbsp. baking soda
1 cup buckwheat flour	1 tbsp. baking powder
1 cup corn flour	1 tsp salt or to taste
1 cup wheat-germ	5 eggs
1 cup white flour	3-4 cups water or more if needed
1 cup low-fat powdered buttermilk	1/4 cup safflower oil for pancakes, 1/2 cup for waffles.

### Directions:

1. Combine all dry ingredients-mix thoroughly.
2. In a separate container combine eggs and oil first,(you may remove up to 2 yolks to reduce cholesterol intake) then add 3 cups water and continue mixing.
3. Add to dry ingredients once the liquid ingredients are thoroughly mixed.

### Cook's Notes

This recipe contains no sugar as it is assumed that you will add syrup, jam, jelly, etc. The batter will thicken as it sits-the cornflower soaks up the water after a few minutes. I prefer thinner batter so I usually add more water until I have a consistency that I am happy with. Experiment adding water slowly until you have a pancake/waffle that suits your taste. Most kitchens have a nonstick pan which works best for this recipe. Use margarine sparingly. I recommend Smart Balance. You can also experiment substituting other whole grains-ENJOY!

Scott Magers, IPFW Producer/Director/Operations of CTV 5

## Quinoa Porridge

2 cups water  
1 cup quinoa  
sea salt to taste

### Directions:

1. Add quinoa to water, season with sea salt then cover and simmer for approximately 20 minutes.
2. Quinoa should absorb the water and have a fluffy texture.

Christine Smith, IPFW Helmke Library



# Breakfast & Snack Mixes

## Shredded Wheat Peach Crisp

### Ingredients:

½ cup canned peaches (in juice or light syrup), drained  
¼ cup spoon-size shredded wheat, crushed

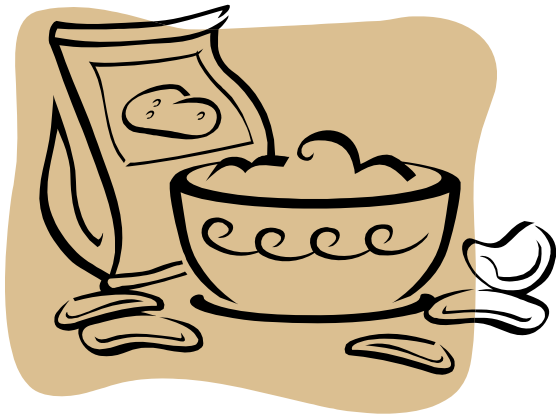
1 tsp. brown sugar  
1 tsp. light margarine  
1 cup skim milk or light yogurt



### Directions:

1. Microwave ½ cup canned peaches on high for 30 seconds
2. Blend together crushed shredded wheat, brown sugar and margarine, sprinkle over the top of peaches and microwave for another 30 seconds.
3. Serve with a cup milk or yogurt.
4. You can use also fresh fruit, like blueberries.

Karen Ericson, IPFW Chemistry Department  
Source: StayWell Healthy Living On-line Program



## JT's Brain Power Mix

### Ingredients:

1 cup walnuts  
1 cup almonds  
1 cup dried cranberries  
1 cup raisins  
1 cup whole grain gold fish  
1 ½ cups oat square cereal  
1 ½ cups whole grain Cheerios or Chex

### Directions:

Mix all ingredients in a bowl. Store in a clean air tight container. Scoop out 1/2 cup at a time and use as a between meal snack or appetizer. Enjoy!

Note - Feel free to substitute your own favorite nuts, dried fruit, or whole grain cereals for any of the ingredients listed. For example dried blueberries could replace the raisins.

Judy Tillapaugh, IPFW Wellness/Fitness Coordinator

# Self Care Tip #2

## GENERAL GUIDELINES FOR WORKPLACE HEALTH & SAFETY

1. **Practice good health habits:** get enough sleep, eat healthy foods, exercise, etc. This helps you stay health and alert at work.
2. **Follow your doctor's advice and treatment plan for conditions you have:** Exercise, take medications as directed, etc.
3. **Manage stress:** Set realistic goals, budget your time, rank tasks in order of importance, don't commit to doing too much.
4. **Balance work, personal, and family life:** Playing is just as important as work. It is good for your mental well-being to have fun.
5. **Don't drink alcohol or use illegal drugs before or during work:** Don't use medicines that cause drowsiness, especially if you operate machines.
6. **Learn what to do in case of an emergency:** Where are the fire extinguishers, escape routes, emergency phone numbers, Automated External Defibrillator (AED)?

## PREVENT INJURIES IN THE WORKPLACE

1. Keep walk areas free from clutter or spills. Secure telephone and electrical cords to prevent tripping.
2. Use proper lighting.
3. Pay attention and look where you are going. Don't carry things that block your vision.
4. Don't climb on chairs or boxes to reach something. Use a ladder to safely reach things.
5. Report injuries or "near misses" of injuries to your supervisor so it can be prevented in the future.
6. Keep you head upright and your ears, shoulders, and hips in a straight line.
7. Keep your work within reach without having to stretch or strain you arms, shoulders, or back.
8. Change positions or tasks often. This avoids repeated stress on single body parts. Walk around at least every 60 minutes.

## WAYS TO MANAGE JOB STRESS

1. Organize your work space to make it easier to find things. Get rid of items and e-mails that you don't need.
2. Ask for help from you boss and co-workers, as needed. Ask your boss for the order in which your job tasks need to be done.
3. Take breaks frequently. You are more productive when you get up and get your blood flowing every 30-60 minutes. Your productivity slows down if you sit too long in one spot doing the same thing.
4. Leave work at work. Try not to take work at home.
5. Plan for and take vacations that give you a rest from work.

# Main Course

## Southwest Roll-up

2 packages flat out wraps or large tortilla  
2- 8 oz packages lt. cream cheese (at room temp)  
¼ cup onion (Red, Green or Yellow)  
½ cup shredded Cheese (Cheddar or jalepeno for spicy) (Low-fat)  
1 tsp. minced garlic  
1-14oz can black beans drained

1- 6 to 8 oz can of fiesta corn (corn w/red and green pepppers) drained  
2 tsp. chili powder \*  
2 tsp. paprika \*  
1 tsp. cumin \*  
black pepper to taste

\* may add more to taste

### Directions:

1. Take 1/3 of the Black Beans and Squash them w/ a Fork
2. Blend the Cream Cheese, Squashed Beans and Spices, You may add more spice depending on your taste
3. When Combined, stir in remaining Beans, Corn, Cheese, Onion and Garlic
4. Spread thin layer on Flat Out Wraps and roll up
5. Refrigerate 1 hour before cutting into sections.
6. The recipe should make about 7-8 Roll Ups.
7. You can add chicken to the recipe for more flavor or protein
8. about 1 C, chopped.



Ron Clark, IPFW Athletics

## Rice Casserole



1 cup long grained rice (uncooked)  
1 can mushrooms (drained)  
1 can chicken gumbo soup  
1 can Beef Consommé soup  
1 cup trans fat free margarine  
chopped onion

Directions: Mix together in casserole dish. Bake at 375 degrees covered for 1 hour.

Cindy Firestine, IPFW Registrar

# Main Course

## Fall Taco Casserole

1 1/2 pounds ground lean beef

1 tablespoon minced garlic

1 can cream of 98% fat-free mushroom soup

1 package of taco seasoning mix

1 medium onion, chopped

1 can (28 oz) diced tomatoes

1 package (8 oz) noodles, cooked and drained

1 1/2 cups shredded mexican cheese (low-fat)



### Directions:

1. Cook ground beef, onions and garlic until brown. Drain. Add tomatoes, soup, noodles and taco seasoning. Mix well.
2. Put into a 9 x 13 dish (sprayed with Pam) and bake at 350 degrees until hot. (covered loosely with aluminum foil.
3. Put cheese on top then bake until cheese melts.

Cindy Firestine, IPFW Registrar

## Chicken Marsala

1/8 tsp black pepper

¼ tsp salt

¼ cup flour

4 chicken breasts, boned, and skinless (5 oz)

1 Tbsp olive oil

1/2 cup Marsala wine

1/2 cup chicken stock, skim fat from top

1/2 lemon, fresh lemon juice

1/2 cup mushrooms, sliced

1 Tbsp fresh parsley, chopped

### Directions:

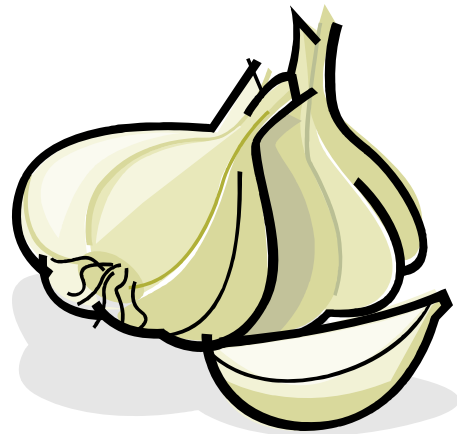
1. Mix together pepper, salt, and flour. Coat chicken with seasoned flour.
2. In a heavy-bottomed skillet, heat oil. Place chicken breasts in skillet and brown on both sides.
3. Removed chicken from skillet and set aside
4. In the skillet, add wine and stir until the wine is heated. Add juice, stock, and mushrooms. Stir to toss, reduce heat, and cook for about 10 minutes until the sauce is partially reduced.
5. Return chicken breasts to skillet. Spoon sauce over chicken.
6. Cover and cook for about 5-10 minutes or until chicken is done.
7. Serve sauce over chicken. Garnish with chopped parsley

Travis Blume, IPFW Registrar

# Main Course

## Crunchy Garlic Chicken

- ¼ cup butter or margarine, melted
- 2 Tbs. milk
- 1 Tbs. chopped fresh chives or parsley
- ½ tsp. salt
- ½ tsp. garlic powder
- 2 cups Country® Corn Flakes cereal, (1 cup crushed)
- 3 Tbs chopped fresh parsley
- ½ tsp. paprika
- 6 boneless skinless chicken breasts (about 1 ¾ lb)



### Directions:

1. Heat oven to 425°F. Spray 13x9-inch pan with cooking spray. In shallow dish, mix 2 tablespoons of the butter, the milk, chives, salt and garlic powder.
2. In another shallow dish, mix crushed cereal, parsley and paprika. Dip chicken into milk mixture, then coat lightly and evenly with cereal mixture. Place in pan. Drizzle with remaining 2 tablespoons butter.
3. Bake uncovered 20 to 25 minutes or until juice of chicken is clear when center of thickest part is cut (170°F).

Kari Smith, IPFW Registrar

## Pizza Pasta

- 3 cups (uncooked) penne or bow-tie pasta
- ½ cup turkey pepperoni, cut into small pieces
- 2 cups pizza sauce
- Add mushrooms, peppers, onions, and other vegetables of your choice
- ½ cup shredded cheese (low-fat)

### Directions:

1. Cook pasta and pre-cook vegetables in nonstick pan.
2. Mix together pasta, pepperoni, pizza sauce and vegetables in a casserole dish,
3. Cover with pizza sauce. Bake uncovered at 350°F for about 20-25 minutes.
4. Add cheese on top and bake another 5 minutes or until cheese is melted.
5. This dish can also be created all in one pan on the stovetop, if desired (cook pasta first). Mix all ingredients together in nonstick pan and cover on low-medium heat until hot, sprinkle cheese on top and let melt.

Jenny Kieffer, IPFW Wellness

# Self Care Tip # 3

## LAUGHTER CAN IMPROVE YOUR HEALTH

### L

**LAUGH LONG AND LOUD.** A robust rib-rattler improves not only your mood, but also your health. The physical act of laughing helps you stay alert, makes it easier to cope and lets you maintain your sanity when the world gets a little crazy.

### A

**ADMIT YOU'RE HUMAN** (it's true, isn't it?) and laugh at yourself. People who have mastered Living 101 take their work seriously, but not themselves. Knowing the difference gives you the keys to the kingdom.

### U

**UP YOUR LAUGH QUOTIENT.** Nothing may be more important to your health and happiness. The average American laughs 15 times daily. So eat your broccoli and get a mega-dose of Vitamin L every day.

### G

**GENERATE MIRTH** wherever you go. Good humor is the best business and social lubricant. It smoothes understanding, communication and cooperation. Make it your mission to elicit as many smiles as you can each day.

### H

**HELP YOURSELF SUCCEED** without stressing out. Humor is nature's antidote for tension. Let it be your secret weapon when you're up to your eyeballs in alligators. It's fast, it's fun, it's free. No other stress buster can make this claim!

### T

**TAKE YOUR FUNNY BONE TO WORK.** Instigate laughter on the job. Treating co-workers with respect and a sense of mirth does miracles for teamwork and trust.

### E

**EMBRACE THE NOTION** that humor is NOT incompatible with dignity and stature. Humor is the hole that lets the hot air out of a stuffed shirt. Follow the lead of Lincoln, Reagan and JFK who knew that humor is vital in overcoming adversity.

### R

**REMEMBER THAT LAUGHTER** and longevity go hand in hand. Grumps don't live longer -- it just seems like it. A buoyant outlook may be more important than oat bran and pushups, and it's easier to take. So get in the zone!

**Love life, laugh a lot, last longer.**

Source: Larry Wilde, <http://www.larrywilde.com/lzone.htm>

# Main Course

## Chicken Parmesan Pasta Toss

8 oz. (1/2 of 16-oz. pkg.) fettuccine, uncooked  
1 Tbsp. oil  
1 lb. boneless skinless chicken breasts, sliced  
2 cloves garlic, minced  
3 Tbsp. tomato paste

1 can (14-1/2 oz.) diced tomatoes, undrained  
1/2 cup water  
1/4 cup KRAFT Sun-Dried Tomato Vinaigrette Dressing  
1/4 cup KRAFT 100% Grated Parmesan Cheese

### Directions:

1. **COOK** pasta as directed on package. Meanwhile, heat oil in large nonstick skillet on medium heat. Add chicken; cook 8 min or until cooked through, stirring frequently. Add garlic; cook an additional 2 min., stirring occasionally.
2. **STIR** in tomato paste. Increase heat to medium-high; cook and stir 1 min. Add tomatoes, water and dressing; cook 2 min., stirring occasionally.
3. **DRAIN** pasta; toss with sauce in large serving bowl. Sprinkle with cheese.

Source: [www.kraftfoods.com](http://www.kraftfoods.com)

## Easy Bistro Chicken

2 tsp. canola oil  
3 cups sliced mushrooms  
1 medium onion, chopped  
1 can (15 oz.) stewed tomatoes, undrained  
1/4 cup KRAFT Zesty Italian Dressing  
3 Tbsp. tomato paste  
4 small boneless skinless chicken breast halves (1 lb.)  
1 cup KRAFT Low-Moisture Part-Skim Mozzarella Cheese  
2 slices Canadian Bacon, cooked and cut into small pieces.



### Directions:

1. **HEAT** oil in large nonstick skillet on medium-high heat. Add mushrooms and onions; cook 5 min., stirring occasionally. Stir in tomatoes, dressing and tomato paste.
2. **ADD** chicken; cover. Reduce heat to medium-low. Simmer 12 min. or until chicken is cooked through.
3. **SPRINKLE** with cheese and bacon; simmer, uncovered, 5 min. or until cheese is melted.

Source: [www.kraftfoods.com](http://www.kraftfoods.com)

# Stay Healthy During the Cold & Flu Season

*Stay Well  
By Living  
Well!!*

*If you do  
start to feel  
ill, call  
IPFW/  
Parkview  
Health and  
Wellness  
Clinic at  
481-5748 or  
[clinic@ipfw.edu](mailto:clinic@ipfw.edu)*

1. Get a flu shot.
2. Stay home, when you are sick.
3. Cover your mouth and nose when coughing or sneezing.
4. Wash hands routinely.
5. Avoid touching eyes, nose and mouth.
6. Try to get 7-10 hrs. of sleep a night.
7. Make time for regular physical activity.
8. Drink at least 8-12 cups of water daily.
9. Use stress management techniques-deep breathing, music, yoga, walking, etc.
10. Eat nutritious meals
11. Quit smoking and avoid second hand smoke.
12. Contact a physician for personal guidelines.

For More information visit [www.ipfw.edu/health](http://www.ipfw.edu/health) & [www.fighttheflu.org](http://www.fighttheflu.org)

<b>Signs &amp; Symptoms</b>	<b>Cold</b>	<b>Flu</b>
Fever, Chills	Low fever, if any	Usual, Can be high fever
Headache	Rare	Usual
General Aches and Pains	Mild, if any	Usual: often severe, affects the body all over
Fatigue, Weakness	Mild, if any	Usual: often severe; Makes you want to stay in bed
Runny, Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Cough	Common	Sometimes
Cold symptoms mostly affect you above the neck. Flu symptoms come on suddenly and affect the body all over. Flu is short for "influenza." "Stomach flu" is stomach upset and diarrhea usually caused by a virus in the stomach and intestines. This is not a true flu. Diarrhea and vomiting may occur with influenza but are more common in children. When you get the flu, you are also more prone to bronchitis, sinus and ear infections.		

# Desserts

## Tofu Pumpkin Pie

Cooking spray

25-30 small Ginger Snap cookies

2 Tbsp Smart Balance Light margarine

1 cup fat free sour cream

1 (12 oz) pkg firm tofu (i.e. Mori-nu)

1 (15 oz) can pure pumpkin

1 whole egg

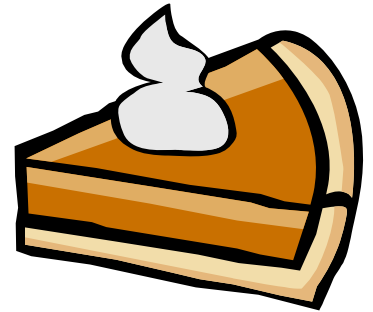
1/2 cup Splenda Brown Sugar blend OR 1 cup Brown Sugar

1 Tbsp flour

1 Tbsp pumpkin pie spice

1/2 tsp salt

Fat free cool whip (optional)



### Directions:

1. Preheat oven to 425 F. Spray a pie plate with cooking spray.
2. In a food processor pulse cookies to fine crumbs. Add the margarine and pulse until crumbly.
3. Press mixture into pie plate. (lightly spray crumb topping with cooking spray if needed to prevent from sticking).
4. Place crust in preheated oven for 5 minutes, then remove.
5. In a food processor or blender, combine tofu and sour cream until blended.
6. Add the pumpkin, Splenda brown or brown sugar, egg, flour, pumpkin pie spice, and salt. Process until very smooth; scraping down the sides of the bowl as needed.
7. Pour mixture into the prepared graham crust.
8. Bake for 15 minutes.
9. Reduce the oven temperature to 350 F; bake an additional 40-45 minutes or until set. Cool completely.
10. Refrigerate before serving if desired. Serve with whipped topping. Yield: 10 servings.

Stephanie Yeadon, MS, RD , Lutheran Hospital Dietitian

## Tropical Cake

### Cake Ingredients:

1 box of yellow cake mix

2 eggs or 3 egg whites

1 cup water

1 small can mandarin oranges with juice

### Frosting Ingredients:

12 oz cool whip

1 box sugar free instant vanilla pudding

1-8 oz unsweetened crushed pineapple, undrained

### Directions:

1. Mix together cake ingredients and bake according to directions in a 9 x 13 pan.
2. Mix frosting ingredients and spread on cake.

Cindy Firestine, IPFW Registrar

Weight Watchers; Serves 12 = 4 pts or 16 = 3 pts.



# Desserts

## Pumpkin Dip

½ can of pumpkin  
7 oz. marshmallow cream  
1 brick of light cream cheese  
nutmeg and cinnamon to taste

### Directions:

1. Mix all ingredients together, will need a mixer to blend everything
2. Serve with Nilla Wafers or Ginger Snaps

Carol Platt, IPFW ACCS



## Fruit Smoothie

1 cup plain low-fat yogurt  
1 cup skim milk  
1 cup frozen unsweetened berries or any fresh fruit if available  
1 banana

Directions: Blend all ingredient in blender or food processor. Serve in 8 oz glasses

Trisha Hockemeyer, MA, RD, Purdue Extension - Adams County

## Fabulous Peach Dump Dessert

1 bag frozen peaches (2 cups sliced)	¼ - ½ tsp. cinnamon
1 Tbsp. cornstarch	1 Jiffy white cake mix
½ tsp. vanilla	4 Tbsp. melted trans-fat free margarine
¼ cup brown sugar	

### Directions:

1. Lightly grease the crock pot; place peaches in the bottom and sprinkle with cornstarch; toss.
2. Drizzle vanilla and sprinkle with brown sugar over all. Sprinkle with cinnamon, then cake mix.
3. Drizzle melted margarine evenly over cake mix. Cover and cook on high 3 - 3 ½ hours.

Trisha Hockemeyer, MA, RD, Purdue Extension - Adams County

# Fast Food: The Top 10 Best Meals

Sometimes you have to live life in the fast lane, but at least know you can choose healthy foods when eating fast food. Remember, moderation is the key!

**Subway:** Enjoy the sandwich of your choice. Choose whole-wheat bread and low-fat protein.

**Taco Bell:** Chicken soft tacos are the better choice.

**McDonald's:** Order a McGrill sandwich and salad with low-fat dressing. Put the chicken breast on the salad OR you can order a kid's meal instead of a value meal.

**Wendy's:** Try a grilled chicken breast sandwich (watch the mayonnaise). You can now choose a variety of sides instead of fries with your combo meal.

**Burger King:** BK broiler without the mayo.

**Kentucky Fried Chicken:** Chicken breast without the skin and a serving green beans and baked beans.

**Dairy Queen:** Choose small items. Hamburger with a small soft-serve ice cream.

**Italian:** Enjoy a grilled chicken or fish item, with a ½ cup of pasta and grilled vegetables.

**Chinese:** Limit the rice, especially fried rice. Get extra vegetables with a low-fat protein dish. Chicken and shrimp are great options.

[www.campusblues.com/diet/fast.asp](http://www.campusblues.com/diet/fast.asp)

# Desserts

## Banana Nut Quesadilla Wedge

### Ingredients:

- 1 tablespoon granulated sugar
- 1/8 teaspoon ground cinnamon
- 2 (8 inch) flour tortillas
- Vegetable oil spread or margarine
- 1/4 cup JIF® Creamy Reduced Fat Peanut Spread
- 1 large banana, peeled and sliced 1/4-inch thick
- 1 tablespoon brown sugar

### Directions:

1. Combine the cinnamon and sugar. Set aside.
2. Cover one side of tortilla sparingly with vegetable oil spread. Place spread side down in 10-inch skillet. Spread topside with peanut butter, top with banana slices, and sprinkle with brown sugar and top with remaining tortilla. Spread top of tortilla sparingly with vegetable oil spread and sprinkle with half of the cinnamon and sugar mixture.
3. Cover skillet. Cook over medium-high heat until the bottom is golden brown. Turn tortilla with a wide spatula. Sprinkle top with remaining cinnamon and sugar. Continue cooking covered until bottom is golden brown. Remove to cutting board and slice into 8 wedges. Serve warm.

Deb Roy, IPFW Registrar

## Pumpkin Corn Muffins

### Ingredients:

- |   |                             |
|---|-----------------------------|
| 2 cups self-rising cornmeal mix (Quaker or Aunt Jemima or Bob's Red Mill Whole Grain) | 1 cup canned pumpkin        |
| 1/4 cup packed light brown sugar  | 1 cup skim milk             |
| 1/4 tsp ground ginger   | 2 Tbsp canola oil           |
| 1/2 tsp ground cinnamon   | 1 large egg or 2 egg whites |
|   | 1 tsp vanilla extract       |

### *Directions*

1. Preheat oven to 400°F. Lightly spray 12 muffin cups with non-stick spray.
2. Whisk together the cornmeal mix, brown sugar, ginger, and cinnamon in a large bowl; make a well in the center.
3. In a small bowl, combine the pumpkin, milk, oil, egg, and vanilla extract; blend well.
4. Pour the pumpkin mixture into the dry ingredients; stir with a wooden spoon just until combined, 20-25 good strokes.
5. Fill prepared muffin cups 3/4 full; Bake 15-18 minutes, until lightly golden. Cool for 5 minutes before removing muffins from pans; Serve warm or cool.

Stephanie Yeadon, Lutheran Hospital Dietitian

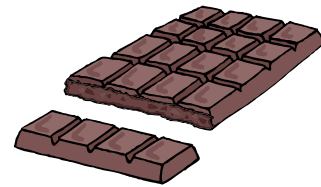
# Desserts

## Chocolate Angel Torte

My research area is food and women's immigration history. It appears that in the late 19<sup>th</sup>-century German-American homemakers found they had leftover egg whites after they had used the yolks to make noodles. Coinciding with the invention of cake molds, these thrifty women began making a batter with the egg whites that turned out a cake lighter than air. Printed recipes begin appearing in cookbooks about 1880 including the Boston Cooking-School Cookbook (1884) and Miss Parloa's New Cook Book (1882). Here's a chocolate version that's low in fat, calories, and adapted for 21<sup>st</sup>-century cooks.

### Ingredients:

- ½ cup Cocoa
- 1 box angel food cake mix
- 1 ¼ cup cold water
- 12 oz. frozen whipped topping, thawed  
(or 2 envelopes dry whipped topping mix and 1 cup non-fat milk and 1 tsp. vanilla mixed according to topping directions)
- 1 cup frozen strawberries
- Fresh strawberries and/or powdered sugar for garnish



### Directions:

1. Move oven rack to lowest position and preheat oven to 350°.
2. Blend cocoa with angel food cake mix before adding the water. Add the water. Blend on low speed for 30 seconds and beat on medium speed 1 minute longer.
3. Bake 37-47 minutes in an un-greased 10" tube pan. Do not use a fluted pan. The cake is done when the top is golden brown, cracks, feels dry and not sticky. Immediately turn pan upside down onto a glass bottle or rest upside down on cans of equal height until completely cool, about 2 hours. Run knife around edge of pan to loosen cake before removing from pan. Using a serrated knife, slice cake horizontally into four layers.
4. Puree strawberries in blender or food processor. Add to whipped toping and blend with spatula.
5. "Frost" between layers with 1/3 of the whipped topping between each layer. Garnish the top with sifted powdered sugar or fresh strawberries as desired. Keep refrigerated. Makes about 16 servings.

*Submitted by Jill Nussel, Director of Women's Studies and Assistant Professor of History*



## Sample Menu Ideas (1800-2000 calories)

### Breakfast

1 ½ cup Raisin Bran  
1 cup milk (preferably skim or 1%)  
banana or ½ cup 100% juice

### Lunch

6" Turkey Sub w/ veggies  
Baked Doritos  
diet pop (Substitute with milk for higher nutritional value)

### Snack

fruit, pudding, or granola bar

### Dinner

1 cup cooked pasta  
½ cup pasta sauce  
shredded cheese  
3oz chicken breast  
1 cup milk  
Fruit or vegetables

### Snack

½ - 1 cup ice cream

### Breakfast

english muffin with light cream cheese  
mocha made with skim milk  
fruit

### Snack

trail mix from vending machine

### Lunch

kids meal from McDonalds  
w/ diet coke or skim milk

### Dinner

grilled cheese  
tomato soup  
salad w/ light ranch dressing

### Snack

3 cups light microwave popcorn

### Breakfast

granola  
fruit  
milk

### Snack

Low-fat yogurt and grapes

### Lunch

Tuna with light mayo and crackers  
diet pop (Substitute with milk for higher nutritional value)

### Snack

fruit, carrots, pudding, or granola bar

### Dinner

Broccoli Rice Casserole  
1 pc bread with butter  
fruit  
1 cup milk

### Snack

bagel with light cream cheese

## Smart Grocery Shopping

1. Concentrate shopping time around the perimeter of the grocery store. Fill your cart with produce first.
2. Watch your beverages. Choose 100% fruit juices instead of juice drinks and beware of soft drinks, which can contain up to 11 teaspoons of sugar.
3. Do not shop when you are hungry.
4. Think whole grains! Cereals are a great source of fiber. Find cereals with at least 5g fiber per serving.
5. Beware of featured items at the end of aisles and at the check out counter. These foods are usually loaded with fat and calories plus make you spend more money on things you don't really need.
6. Make a list, and stick to it.
7. If you are trying to find convenient, on-the-go items, look for foods that are high in fiber and have both carbohydrates and protein.

Prepared by: Jenny Kieffer, RD, IPFW Wellness Program Assistant

For more information visit [www.ipfw.edu/health](http://www.ipfw.edu/health) or call 481-5758, e-mail [kiefferj@ipfw.edu](mailto:kiefferj@ipfw.edu)