

Solutions Through Regulations?

School Lunch

- As a high school student, you are required to have two ounces of protein or a meat/meat alternative and at least 1/2 cup of vegetables (a red-orange vegetable and a green vegetable) offered to you every week.
- These items must stay in a 750-850 calorie count and must also stay under 740 mg of sodium.

Physical Education

- The Healthy Kids Act of 2010 requires every student to get a minimum of 120 minutes of physical activity each week.
- The state instituted the Healthy Kids Act to help combat childhood obesity and to promote healthy activity in youth in order to create habits that will carry into adulthood.
- Hudson only requires PE. four semesters of one's eight semester high school career for graduation, which is less than what the Healthy Kids Act requires. As a result, Hudson High School must submit waivers documenting physical activity on file for every student not enrolled in PE.



for thought

Exploring the choices and challenges of healthy eating

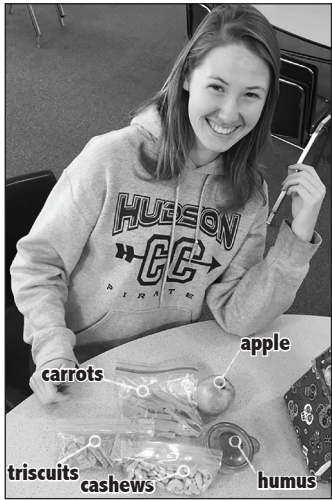
a taste of vegan eating

Q: What is the hardest part of being a vegan?

Dealing with people is the hardest part because you never know what someone thinks or believes about veganism. Some people are accepting and some aren't.

Q: What is the most rewarding part of eating this way?

A: Knowing that I'm doing what I can to cause the least amount of harm to others.



I beg of you, I beg of you on my knees, please do not attack me. Please do not belittle my decision or turn my choice into a huge, moral debate meant to degrade and disrespect me.

Yes, I am a vegan.

A simple plea from a vegan

by senior Sarah Gallery.

I know... vegans have a reputation. I know ... we're seen as self-righteous. I know... people think we always push our beliefs onto others. I know, I get it.

But did YOU know that these debates we tend to get sucked into are as uncomfortable for us as they are to you? Guess what- I don't want to discuss what the Native Americans ate, I don't want to argue over the cycle of life and death and I don't want to entertain the hypothetical situation of being trapped on a deserted island with a chicken.

In my experience, I would say most heated debates between vegans and non-vegans are sparked from a question that is thought of as an innocent one: Why? I hear it all the time. Now, I have a question for you: Why? Why do you eat meat? I'm sure many would laugh and answer it. But what if you were asked to explain EVERY time people found out you eat meat? What if you felt you had to have an arsenal of comebacks lined up in your head, ready for the day you have to defend yourself?

Put yourself in my non-leather shoes. You say you're just curious, but these questions are like a double-edged sword to people like me. They put vegans on the defensive and, to be blunt, they hurt.

I understand that most people have questions about veganism. I understand that not everyone knows what veganism is. But please understand there should be boundaries for the questions asked. We are people. Just like you, we don't want our beliefs to be picked apart.

The next time you come across a vegan, please don't ask why. Please don't bring up moral debates or argue history with us. Just let us be.



a taste of organic eating

Q: What is the hardest part of eating this way?

A: You have to work a lot harder to maintain this lifestyle because of the way our society and economy is set up. Organic foods are less available and accessible. Many stores around here just don't carry organic products. It also takes more work and planning.

Q: What is the most rewarding part of eating this way?

A: My body just feels better. Eating this way just gives me more energy and makes me feel healthier. It is also rewarding knowing you are supporting people who believe in the same natural lifestyle that you do.

Chew on this

Trying to succeed in the eyes of society to be "perfect", being healthy is even harder for these Hudson students. These challenges may have drawbacks of what they can or cannot eat, but it has helped all the students to realize what they are putting into their body.

photos by sophomores Katelyn Pint and Aubrey Gronoski

type 1 diabetes



sophomore Emma Yoder

Sophomore Emma Yoder has been battling type 1 diabetes since the age of 12. Prior to the diagnosis, Emma was drinking 10 or more glasses of water every day and lost 15 lbs. in just six weeks. Thinking she was just growing and reacting to the unusually warm spring, her parents put off taking her to the doctor at first. But on the first day of summer break, Emma's mother, high school English teacher Joletta Yoder, decided to have her checked out- expecting to be told her daughter was just experiencing hormonal imbalances. Both were surprised when the doctor came back with the results- Emma's blood sugar was unreadable and she needed to be rushed to the University of Iowa Hospitals immediately.

Living with diabetes has impacted Emma in both positive and negative ways. The downside is Emma has to take her insulin shots four times a day or more. On the upside, calculating her carb intake has helped her math skills and make healthier eating choices.

Type 1 diabetes is a chronic condition in which the pancreas produces little or no insulin, a hormone needed to allow sugar (glucose) to enter cells to produce energy. -Mayo Clinic

gluten sensitive

- At HHS no one reportedly has a gluten intolerance.
- Only 1 in 133 Americans or 1% Americans are gluten sensitive.
- A gluten-free diet is a diet that excludes the protein gluten.

Gluten is found in grains such as wheat, barley, rye, and a cross between wheat and rye called triticale.- Mayo Clinic

When the body's immune system overreacts to gluten in food, the immune reaction damages the tiny, hair-like projections that line the small intestine.

In people with celiac disease, a particular protein in wheat - gluten - causes an abnormal immune system reaction.

likely to develop the following symptoms: swelling, itching or irritation of the mouth or throat, hives, itchy rash or swelling of the skin, nasal congestion, headache, Itchy, watery eyes, difficulty breathing, cramps, nausea or vomiting, diarrhea.

lactose intolerance



sophomore Olivia Kolterman

Sophomore Olivia Kolterman has had to carefully watch her dairy intake since the age of 5. Olivia loved milk, but around the age of 5 whenever she drank it, she realized she got a bad stomach ache, had a headache, and in extreme cases would throw up. Often experiencing these symptoms after going out to eat or to a birthday party, she rarely enjoyed such events. After 2 months of experiencing these symptoms, One morning Olivia had to drink a thick, gritty substance and head to Iowa City to be tested. She then found out she was lactose intolerance.

Today, Olivia is growing out of the intolerance and becoming more susceptible to dairy. She can now have monitored amounts of dairy each day. Olivia still has the intolerance, but she eats one cheese stick or takes a calcium pill everyday to get her calcium.

According to Olivia, the downside of being lactose intolerant was she never fully felt she was a "kid" because she could not have the cake and ice cream at birthday parties like all the other kids. Having lactose intolerance helped Olivia make healthier alternatives.

Lactose intolerance is when an individual is unable to fully digest the sugar (lactose) in milk and other dairy products, resulting in upset stomach. -Mayo Clinic



senior Abby Staebell

tree nut allergy

Senior Abby Staebell grabbed a handful of mixed nuts at her grandma's house at the age of 1. Moments later, Abby's whole body broke out in hives, and she began vomiting.

Since then, Abby has to be careful when eating anything. She has to check to make sure that it doesn't contain any tree nuts and isn't processed in a factory that handles tree nuts. Although, Abby can still have peanut butter, peanuts and almonds. On the downside, Abby cannot eat many desserts when at public events because of possible tree nuts. In contrast, it helps Abby watch her calories she is putting into her body.

Tree nut allergy is when one breaks out into hives and vomits when eating tree nuts such as almonds, cashews and walnuts. -Mayo Clinic