U.S. NAVAL HOSPITAL NAPLES, ITALY

For YOUR Health

A Health Promotions Newsletter

Volume 3, Issue 3 March 2010

Nutrition Matters

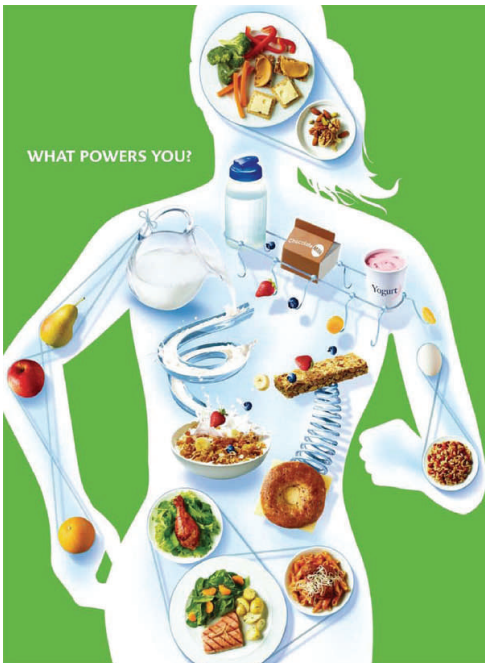
fruits & veggies more matters

March Is Nutrition Month!

The USDA's Food Guide Pyramid is a wonderful design that helps us understand what we should be eating and how much. Check out it out in this month's newsletter!

What Powers You?

Nutrition is the process by which people take in and use food. It plays an important role in a person's health. There is a clear link between good eating habits and good health as well as a clear link between bad eating habits and poor health. Proper nutrition can help you reduce your risk of health problems such as heart disease, stroke, certain cancers, high blood pressure, diabetes, osteoporosis, and obesity.



Your body needs an adequate supply of protein, carbohydrates, fat, vitamins, minerals, and water.

A healthy diet is one that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. It also includes protein such as lean meats, poultry, fish, beans, eggs, and nuts. In addition, a healthy diet is low in saturated fat, trans fat, cholesterol, sodium, and added sugars.

USNH Naples offers a variety of services that aid in helping you pick the right foods to eat—Healthy Eating Classes, Commissary Shopping Tours, Nutritionist appointments, online information, and more! Stop by Health Promotions today and we will get you connected with the right resource to help you choose the right foods to keep you healthy!

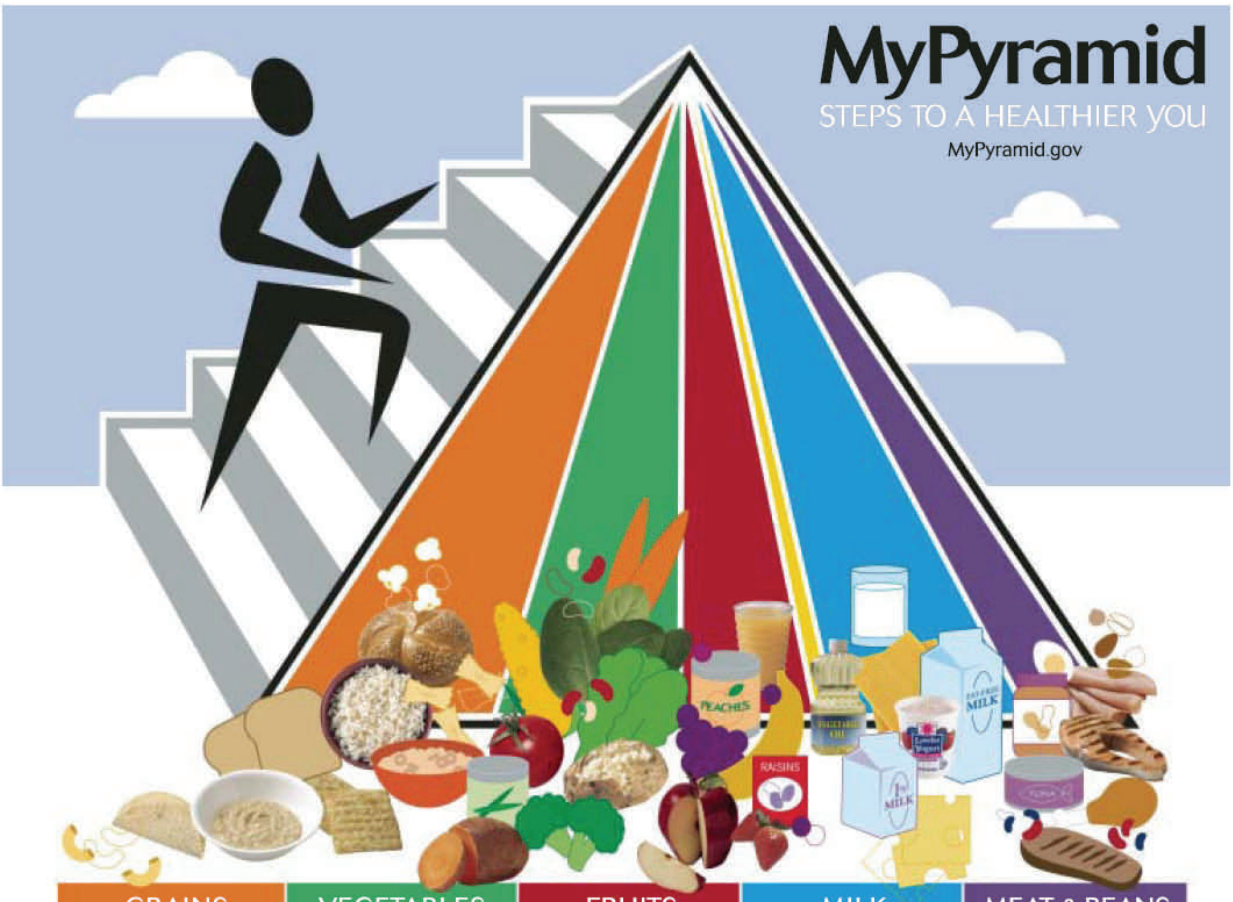
Submitted by Mr. Chris Zimmerman

Understanding good nutrition can be a challenge with the inundation of information from the media. The following website is a great resource for understanding nutrition:

www.MyPyramid.gov

This website also has a nutrition program under the "MyPyramid Plan" link that develops an individualized eating plan based on your height, weight and age. This plan will provide examples of foods you should eat as well the amounts. CHECK OUT its recipe suggestions!!

Breakin' Down the USDA Food Guide Pyramid



GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
Eat at least 3 oz of whole grain cereal, breads, crackers, rice, or pasta everyday. 1oz= 1 slice of bread, 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta EAT 6oz EVERY DAY!	Eat more dark green veggies like broccoli, spinach, and other leafy greens. Eat more orange vegetables like carrots and sweet potatoes. Eat more dry beans and peas. EAT 2 1/2 cups EVERY DAY!	Eat a variety of fruit. Choose fresh or frozen fruit. Limit fruit juices. EAT 2 cups EVERY DAY!	Go low fat or fat free when you choose milk, yogurt, or other milk products. If you don't or can't consume milk, choose lactose free products or other calcium sources and fortified foods GET 2-3 cups EVERY DAY!	Choose low fat or lean meats and poultry. Bake it, broil it, or grill it. Vary your protein routine—choose more fish, beans, peas, nuts, and seeds. EAT 5 1/2 oz EVERY DAY!

Balance your food and physical activity

Be physically active for at least 30 minutes most days.

Stay within your daily calorie needs.

Know your limits on fats, sugars, and sodium

Limit solid fats like butter, shortening, and lard.

Limit saturated and trans fats, and sodium.

Choose drinks low in added sugars.

Snack...
and have a Great Workout!!

In order to make the most out of your workout and get a jumpstart on recovery, have a light snack 1-2 hours before you start!

- The best muscle fuels combine carbs and protein.
- To help digestion, eat a snack low in fat
- Hydrate well.

EAT THESE

Cottage cheese and fruit cup

Yogurt

1/2 turkey sandwich

Fresh fruit

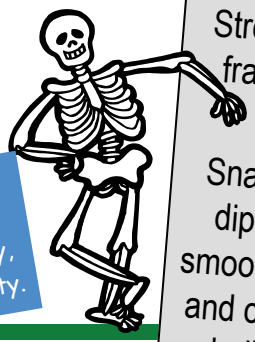
Dry cereal

Nuts

Hydrate! Hydrate! Hydrate!

Water is one of the most important elements in your diet. Every cell and organ needs water in order to function. You should drink enough water each day to replace the amount you lose through perspiration, urination, and breathing. Avoid sodas and other drinks high in sugar and caffeine.

The recommended amount is to drink when you are thirsty, until no longer thirsty.



Healthy Bones

Calcium rich foods and physical activity help create strong bones. Strong bones are less prone to fractures and osteoporosis in later years.

Snack like veggies with *yogurt* dip, almonds, flavored *milks*, smoothies, *cheese* and crackers, and cereal with *milk* can all help build strong, healthy bones!

EAT Breakfast

It is the most important meal of the day!

Provides energy for the day's activities

Increases your ability to learn and retain information

Helps to maintain a healthy body weight.

Healthy Options for Breakfast!

Cereal (low sugar) with milk and fruit

Natural Peanut Butter on Toast

Bagel with Cheese

Oatmeal with Applesauce

Yogurt

Fresh Fruit

Waffles

French toast

Pancakes

Grits with cheese

Health Promotions

Contact us to sign up for one of our classes!

Comm: 081-811-6311/6313
DSN: 629-6311/6313
E-mail:
napleshealthpromotions@med.navy.mil

Up Coming Classes

Teen Clinic—3/11 & 25
Shopping Tour—call to sign up
Meditation—Mondays @ 1900
Tobacco Cessation—walk-in
Breast feeding class– 3/8 @ 9-12
3rd Trimester Class– 3/15 @ 9-12
Ship Shape– April 5th
2ND Trimester Class– 4/5 @ 9-12

The WIC Overseas program is a nutrition education program providing eligible participants nutritious foods, tips on how to prepare balanced meals, nutrition and health screenings, breastfeeding support and access to other resources that will help you and your family lead healthier lives. If you are pregnant, postpartum, or have an infant or child under five, give the WIC Overseas office a call at 629-4960 to see if you

Check out our Website!
www.naples.med.navy.mil
And click on
Health Promotions

Commissary Shopping Tour

Call to register

Teen Clinic @ NAHS

March 11th & 25th
0830-1200
Contact the High School Nurse
@ 629 4010 to schedule an appointment!

READY TO QUIT SMOKING?

Kick the habit today! Check out the Group and Individual Sessions offered at the CAPO Clinic and USNH. Contact Health Promotions @ 629-6311/13 for more information!!

Frequently Called USNH Numbers

Central Appointments	629 6000
Emergency Room	629 6155
Family Practice	629 6271
General Surgery	629 6400
Internal Medicine	629 6291
OB/GYN	629 6404
Ophthalmology	629 6386
Orthopedics	629 6388
Pediatrics	629 6242
Pharmacy	629 6225
Physical Therapy	629

"SPOUSE FIT"

WANT TO GET IN SHAPE, BUT NOT SURE HOW?

Come to the meeting on 4 MAR @ 1000 in the SS GYM to discuss the curriculum, schedule and any other concerns you may have about this NEW program.

For more information please contact Health Promotions

Recenter
and
Reclaim Yourself
with Meditation

Every Monday @ 1900 in the Support Site Side Chapel.

For more info please contact bzzaragoza@yahoo.com