



For YOUR Health

A Health Promotions Newsletter

Volume 5, Issue 3

March 2012

March
Is
Nutrition Month!

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What Powers You?

Nutrition is fuel for our bodies. Similar to the gasoline we place into our automobiles, the quality of the fuel determines whether or not the vehicle runs optimally.

Therefore, the nutritional value of the food we eat determines how we function throughout the day and throughout our lives.

Healthy eating in childhood and adolescence is important for proper growth and development and can prevent health problems such as obesity, dental caries, iron deficiency and osteoporosis. Healthy eating also helps prevent high cholesterol and

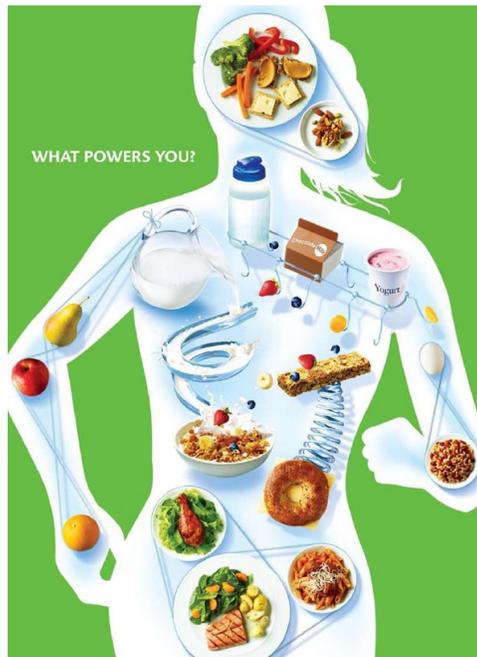
high blood pressure and helps reduce the risk of developing chronic diseases such as cardiovascular disease, cancer, and diabetes.

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.

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!



A Poor Diet

In contrast, a poor diet can lead to energy imbalance (e.g., eating more calories than one expends through physical activity) and can increase one's risk of becoming overweight and obese. A poor diet can also increase the risk of lung, esophageal, stomach, colorectal and prostate cancers. Individuals who eat fast food one or more times per week are at increased risk for weight gain, becoming overweight, and obesity. Drinking sugar-sweetened beverages can result in the same risks as eating fast food. Hunger and *food insecurity* (i.e., reduced food intake and disrupted eating patterns because a household lacks money and other resources for food) might increase the risk for lower dietary quality and undernutrition. In turn, undernutrition can negatively affect overall health, cognitive development, and school performance.



USDA Introduces ChooseMYPLATE



Build a Healthy Plate

- **Make half your plate fruits & vegetables**

Eat red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli in main and side dishes

- **Switch to skim or 1% milk**

They have the same amount of calcium and other essential

- **Make at least half your grains, whole grain**

Choose 100% whole-grain cereals, breads, crackers, rice and pasta

- **Vary your protein**

Twice a week, make seafood the protein on your plate.

Eat beans, which are a natural source of fiber and protein

CUT BACK on Foods HIGH in solid fats, added sugars, and salt

- **Choose foods and drinks with little or no added sugars**

Drink water instead of sugary drinks. There are about 10 packets of sugar in a 12 oz can of soda

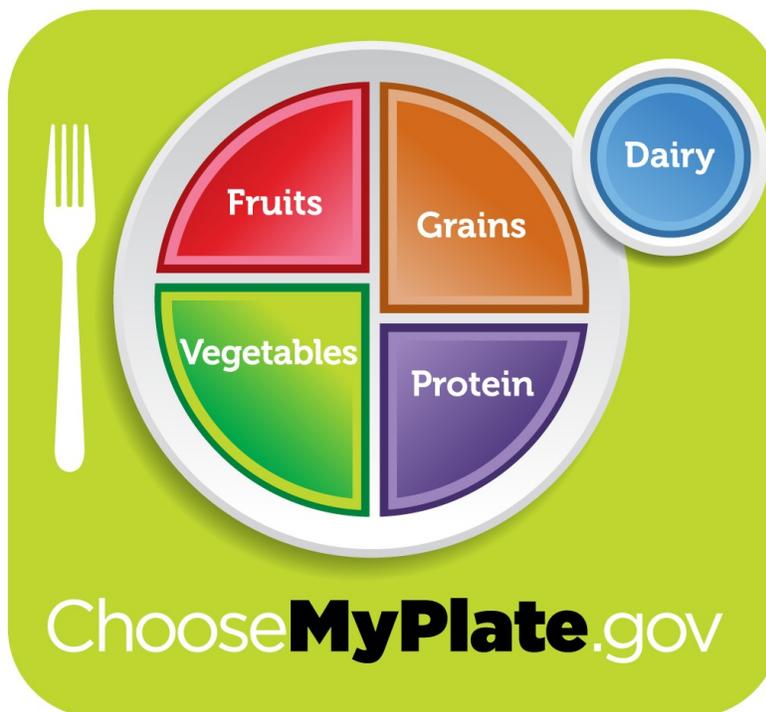
- **Look out for salt (sodium) in foods you buy— it all adds up**

Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers

- **Eat fewer foods that are high in solid fats**

Make major sources

of saturated fats—such as Cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not everyday foods.



Go to
www.choosemyplate.gov
and click on

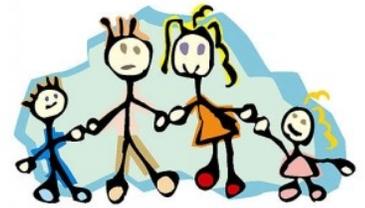


- Get your personalized nutrition and physical activity plan
- Track your foods and physical activities to see how they stack up
- Get tips and support to help you make healthier choices and plan ahead



Nutrition for Little Ones

Nutrition Matters



Food Timeline for the First Two Years

- **Birth to 6 months:** Babies get all the nutrients they need from breast milk for the first 6 months. Infant formula is an acceptable alternative when mothers decide to decrease or discontinue breast feeding. You should not give your baby cow's milk until after age 1
- **By 4 to 6 months:** While most babies are ready to eat solid foods now, they will continue to get most of their calories, protein, vitamins and minerals from breast milk or infant formula. Introduce iron-fortified infant cereal like rice and barley or pureed meats to help replenish iron reserves
- **By 6 to 8 months:** This is an appropriate time to begin pureed or mashed fruits and vegetables. Gradually introduce single-item foods one at a time. Watch carefully for any reaction such as diarrhea, vomiting or unusual rashes.
- **By 7 to 10 months:** Babies are usually ready to begin feeding themselves with finger foods, such as dry cereal or teething biscuits. They also can begin to use a cup.
- **By 8 to 12 months:** At this stage, most infants are ready for soft or cooked table foods.
- **From 1 to 2 years:** Babies continue developing eating skills. They feed themselves and enjoy the same foods as the rest of the family. Choking on firm, round foods is a risk, so cut these foods into smaller, 1/4 inch squares.

Raising Healthy Eaters from Preschool to High School

Food, nutrition and eating skills are among the most important things you can share with children: food to fuel busy, successful lives; nutrition to nourish strong bodies and smart brains; and eating skills to enjoy the social aspect of meals with family.

As with any part of raising children, no one does a perfect job with nutrition-not even nutrition professionals. As a parent, grand-parent or adult caregiver, you can help to raise healthy eaters during these critical years by doing your best to:

- Serve regular, balanced meals and snacks with a variety of nutrient-rich foods
- Provide calm, pleasant meal times where adults and children can talk together
- Allow children to use their internal signals to decide how much and what to eat
- Explore a variety of flavors and foods from different cultures and cuisines
- Share an appreciation for healthy food, lovingly prepared and shared with others
- Make simple food safety, like washing hands, part of every eating occasion. Teach basic skills for make positive food choices away from home
- Find credible food and nutrition resources when you don't know the answer





Healthy Eating for Women



A well-balanced diet is a cornerstone of health. Women, like men, should enjoy a variety of foods, such as whole grains, fruits, vegetables, healthy fats, low-fat dairy and lean protein. But, women also have special nutrient needs and during each stage of a woman's life, these needs change.

Eat Right

Nutrient-rich foods provide energy for women's busy lives and help to prevent disease. A healthy daily diet includes:

- At least 3, 1oz servings of whole grains such as whole-grain bread, cereal, pasta, brown rice or oats
- 3 serving of low-fat or fat-free dairy products such as low-fat milk, yogurt or cheese
- 5 to 6 oz of protein such as lean meat, chicken, turkey, fish, beans, lentils or peas
- 2 cups of fruit such as apples, blueberries, melon, oranges, bananas and pears
- 2 1/2 cups of vegetables such as leafy greens, pumpkin, bell peppers, onions, broccoli, mushrooms, and carrots



Iron-Rich Foods

Low iron levels can be caused by a woman's menstrual cycle or a problem with iron absorption.

Iron-rich food sources include **red meat, chicken, turkey, pork, fish, kale, spinach, beans, lentils and fortified breads and cereals**. Plant-based sources of iron are more easily absorbed by your body when eaten with **vitamin C-rich foods**. So eat fortified cereals with strawberries on top, spinach with mandarin orange slices or add tomatoes to lentil soup.

Folic Acid During the Reproductive Years

When women reach childbearing age, they need to eat enough folic acid to prevent birth defects. The requirement is at least **400 mcg of folic acid a day**. Be sure to consume adequate amounts of folic acid daily from fortified foods or supplements. Citrus fruits, leafy greens, dry beans and peas naturally contain **folate**.

Daily Calcium Requirements

Calcium keeps bones strong and prevents osteoporosis, a bone disease in which the bones become weak and break easily. Some high calcium foods include **low-fat milk, yogurt, cheese, sardines, tofu** (if made with calcium sulfate) and **calcium-fortified foods like juices and cereals**.



Key Nutrients for Health Pregnancy

- **FOLIC ACID:** Pregnant women need **600 mcg of folic acid a day**
- **IRON:** Maternal iron deficiency anemia is a pregnancy risk. Pregnant women need at least **27 mg of iron a day**.
- **CALCIUM:** During pregnancy, calcium is needed for the health development of a baby's teeth, bones, heart, nerves, and muscles. When a pregnant woman does not consume enough calcium, it is taken from her bones for the baby. It is important to consume **1,000 mg of calcium a day** before, during and after pregnancy.



Healthy Eating for Men



Food is more than just fuel. Your diet can help fight disease and keep you looking and acting younger. How a man eats throughout his life can help predict how well (or not) he ages.

Eating Right

A healthy diet for men includes:

- At least 2 cups of fruits and 2 ½ cups of vegetables each day. At least once a week, eat tomatoes or something made from tomatoes like pasta sauce. The antioxidant lycopene found in tomato products is good for prostate health.
- At least five 1-ounce servings of whole grains each day. Replace refined grains with whole-grain bread, cereal, pasta, brown rice or oats
- At least 2 to 3 servings of fish per week
- At least 38 grams of fiber a day for younger men; 30 grams of fiber a day for men older than 50
- Unsaturated fats like oils, nuts and salad dressings in place of saturated fats like full-fat dairy foods, butter and high-fat sweets
- 4,700 milligrams a day of potassium from fruits, vegetables, fish and milk.



Energy Foods

Since men have more muscle and are typically bigger than women, they require more calories throughout the day. **Moderately active males should eat 2,000 to 2,800 calories per day.** Your energy needs depend on your height, weight and activity level.

For energy, weight management and disease prevention, men should eat **whole grains like whole-grain bread, pasta, cereal, brown rice, oats, barley, fruits and vegetables.** These foods are high in fiber, help manage hunger and fullness, and help fend off certain cancers, such as prostate and colon.

Beyond Meat

Men are typically meat-eaters because of the perception that more protein equals more muscle mass. That is not the case unless exercise is involved. Men tend to view red meat as more masculine than other proteins; often this leads them to “order the steak.” It’s not the steak that’s unhealthy, it’s skipping the whole grains and vegetables. In addition, **excessive meat eating is linked to heart disease and colorectal cancer in men.**

Eat red meat less frequently. Instead, **focus on more fruits, vegetables and low-fat dairy products.** This will not only help you keep weight off, but it can **help keep blood pressure down.** *You are 8 times more likely to develop high blood pressure if you are considered obese.* Cut down on saturated fat from meat, cheese and fried foods. Instead, **opt for foods with unsaturated, heart-healthy fats such as olive oil, canola oil, nuts, seeds and avocados.**

Weight and Disease Risk

More than women, men gain weight around the middle; that’s due to the male hormone testosterone. If your waist measures more than 40 inches around, it’s time to shed some pounds. This fat around the waist is typically buried deep in the abdomen and increases your risk for diabetes, heart disease and dementia. The good news is, belly fat is easy to lose. **If you take fewer calories in than you burn, your body breaks down belly fat first for energy.**



Eating for Fertility

- Get Your Fruits & Vegetables
- Choose Whole Grains
- Eat Low-Fat Dairy
- Cut Down on Meat
- Be Smart about Fats



Top Sports Foods: Some Healthful Choices

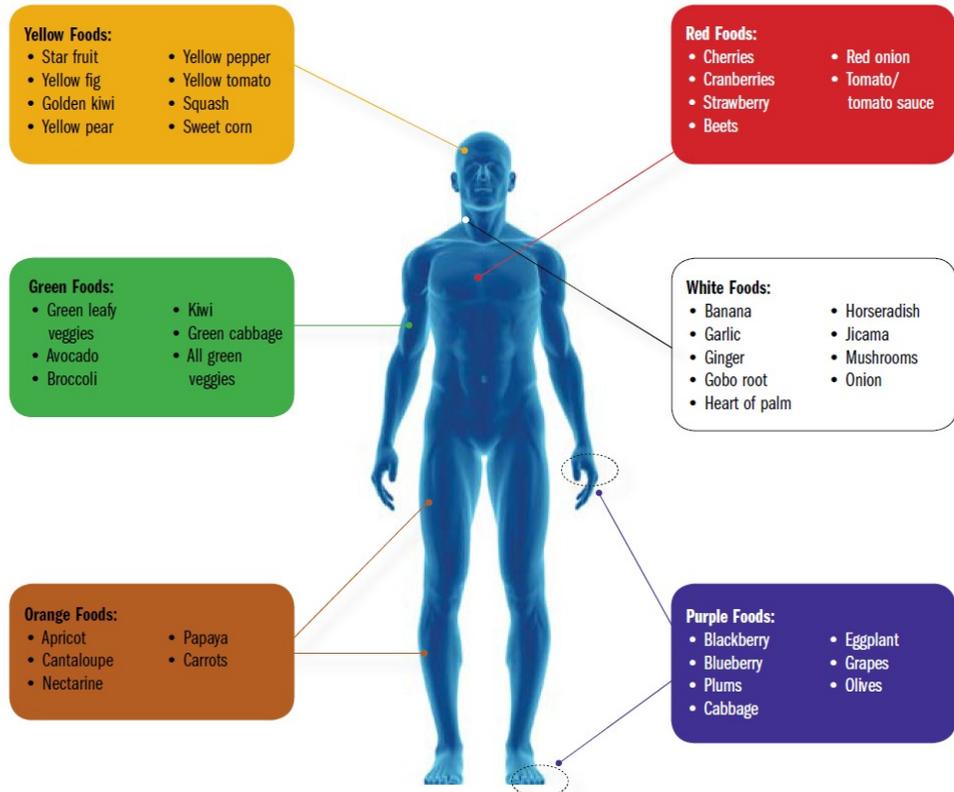
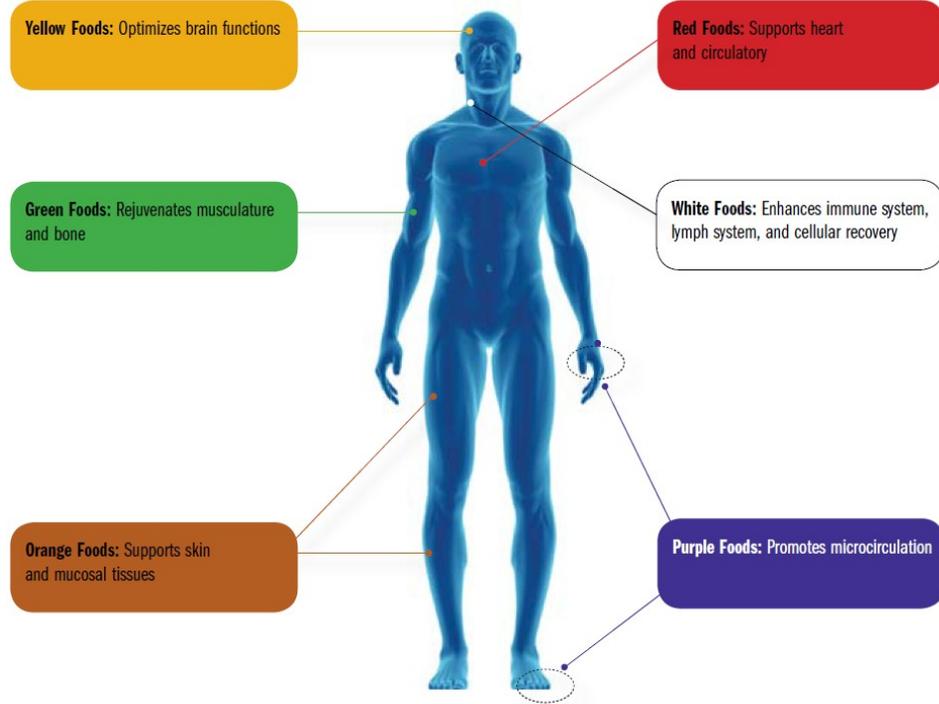


FOOD	IMPORTANT NUTRIENTS	COMMENTS
Low fat Milk, yogurt	Calcium, protein, riboflavin	Eat low fat dairy 2 –4 times/day
Broccoli	Vitamins A, C	One stalk (cooked) offers 100% ADA of vit C
Spinach	Vitamins A, C, Folic Acid	Add to salads, for more nutrients
Green Peppers	Vitamin C	Half a pepper offers 100% ADA of vit C
Tomatoes	Vitamins A, C, Potassium	Boost intake by adding slices to sandwiches
V-8 Juice	Vitamins A, C, Potassium	An easy, cook-free way to get nutrients from 8 vegetables
Baked Potato	Vitamin C, Potassium, Carbohydrates	Eat with the skin; it contains 75% of vit C
Orange juice, oranges	Vitamin C, Potassium, Carbohydrates, Folic Acid	6 oz of fresh or frozen OJ offer 100% ADA vit C. A great post-exercise “recovery food” for potassium carbs, and fluid
Bananas	Vitamin C, Potassium, Carbohydrates,	To prevent over-ripening, store in the refrigerator. Their skin may turn black but the fruit will be fine
Cantaloupe	Vitamins A, C	Half a small melon offers 100% of the ADA for Vit C
Chicken, turkey	Protein	Thigh & leg meat has more iron & zinc. To reduce the fat, remove the skin
Lean beef	Protein, Iron, Zinc	Beef is among the best source of iron and zinc. Avoid fatty meats.
Fish, tuna	Protein, Fish Oil	The oil in salmon, albacore tuna, sardines protects against heart disease
Bran cereal, enriched	Fiber, Carbohydrates, Iron, B-vitamins	An excellent source of fiber! Select “fortified” or “enriched” for the most iron
Muffins, bran, corn	Fiber, Carbohydrates, B-vitamins	Preferable to doughnuts! Buy lowfat, whole wheat, corn or bran muffins.
Bread, bagels, whole grain	Fiber, Carbohydrates, B-vitamins	Dark, whole grain bread, (rye, whole wheat, multi-grain)
Pizza, thick crust	Calcium, Protein, Vitamin A Carbohydrates	Preferable to burgers, choose a pizza w/ single cheese and vegetables
Popcorn, air-popped	Carbohydrates, Fiber	A wholesome, lowfat snack that is preferable to greasy chips

Color Code of Restorative Nutrition

Fruits & Vegetables

- Fruits & Vegetables are a great source of high fiber carbohydrates
- Fruits & Vegetables provide our body with a combination of vitamins that cannot be replicated in a supplement
- Different colors serve different roles in the body
- Aim for at least 3 colors at every meal
- Over the course of the day strive to eat 2 servings of fruit and 3 servings of vegetables
- Whole fruits & vegetables are best
- Canned and frozen fruits and vegetables can also offer healthy alternatives at a lower cost. When choosing canned fruit make sure to choose them in their own juice or water.
- Drink fruit juice in moderation and make sure it is 100% juice. One serving of juice is equal to 4-6 oz



USNH NAPLES
HEALTH
PROMOTIONS



Contact us to sign up for
Comm: 081-811-6311/6445
DSN: 629-6311/6445
E-mail:
napleshealthpromotions@med.navy.mil

Up Coming Events

Mediation—Mondays @ 1900
Tobacco Cessation— Walk-in
Expectant Father—9 March 0900-1200
2nd Trimester Class— 5 March 0900-1200
3rd Trimester Class— 19 March 0900-1200
Breast Feeding Class— 13 March 0900-1200
Infant CPR Class— 19 March 1300-1600
Ship Shape— Mondays 0800-0900



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 081-811-4960 to see if you qualify for the program.

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

Recenter and Reclaim Yourself
with Meditation
Every Monday @ 1900 in the Support Site Side Chapel.
Please come at 1830 if it is your first session.

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Are you interested in Healthy Eating and Fitness Classes?
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Ship Shape Class

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Call Health Promotions for more information
629-6445

WEIGHT MANAGEMENT CLASS

Call Health Promotions for to sign up for the next class

- Frequently Called USNH Numbers
- Central Appointments 629 6000
 - Emergency Room 629 6150
 - 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 6183



I WANT YOU

To QUIT Tobacco

Whether you smoke, chew or dip we can help. Stop by or call Health Promotions today to join the millions of Americans quitting tobacco this year!!

