

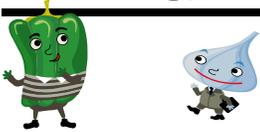


For YOUR Health

A Health Promotion Newsletter

Volume 2, Issue 6

September 2009



Fruits & Veggies More Matters

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COMING SOON!!!

Naples Community for a Cure
Breast Cancer
Awareness
Walk/Run

Join us October 31st at the
Support Site Amphitheater from
0800-1200

Nutrition Facts

Serving Size 3 medium figs (153 grams)	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 11g	
Protein 1g	
Vitamin A 4%	Vitamin C 6%
Calcium 6%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Eight large or twelve to sixteen small figs will equal a pound.

Almost Everyone Needs to Eat More Fruits and Vegetables

A growing body of research shows that fruits and vegetables are critical to promoting good health. To get the amount that's recommended, most people need to increase the amount of fruits and vegetables they currently eat every day. Are you interested to know how many fruits and veggies you should be eating? Check out www.fruitsandveggiesmatter.gov



protect you from chronic diseases. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as a part of a healthful

fruits & veggies
more matters®

diet are more likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers.

Fruit and Vegetables Can Protect Your Health

Fruits and vegetables contain essential vitamins, minerals, and fiber that may help

Whole Foods or Supplements?

Nutrients should come primarily from foods. Foods such as fruits and vegetables contain not only the vitamins and minerals that are often found in supplements, but also other naturally occurring substances that may help protect you from chronic diseases. For some people, fortified foods or supplements can be helpful in getting the nutrients their bodies need.

A fortified food contains in an amount greater than what is typically found in that food.

Questions?

Contact Health Promotions @ napleshealthpromotions@med.navy.mil

THE FIG

There are over one hundred varieties of figs throughout the world.

Selection: Handle figs carefully as they are extremely fragile. Select plump, fragrant figs that have a little give when touched. Avoid those that are hard, mushy or show signs of mold. Also avoid figs that are dry or have splits on their skins. Figs that are not fully ripe when purchased can be ripened on the counter at room temperature. Ripe figs are quite perishable and should be used as soon as possible. They can be refrigerated for up to three days. To prevent bruising, place figs in a single layer on a plate lined with paper towels and cover with plastic wrap. Figs can also be frozen for up to six months.

Nutrition: Fat free; saturated fat free; sodium free; cholesterol free; good source of dietary fiber.

FRUIT of the MONTH



The FIG

Add More Fruits and Veggies to EVERY Meal!

Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or berries!



Add broccoli, green beans, corn, or peas to a casserole or pasta!



Add strawberries, blueberries, or bananas to your waffles, pancakes, cereal, oatmeal, or toast!



Order salads, vegetable soup, or stir-fried vegetables when eating out!



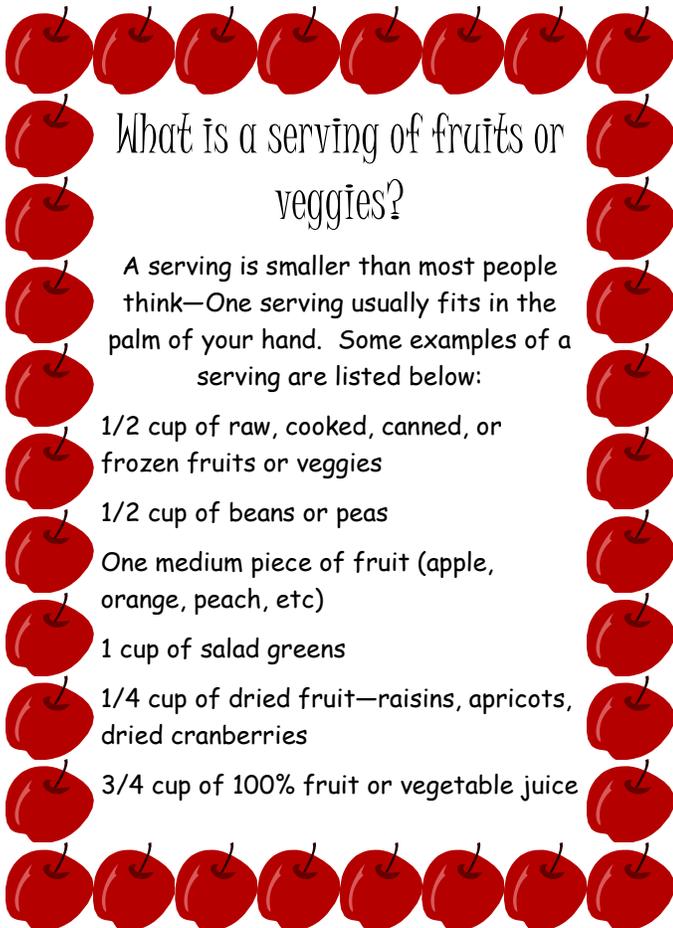
Add vegetables like bell peppers, broccoli, spinach, mushrooms or tomatoes to your egg or egg white omelet!



Keep a bowl of fruit on your desk for a convenient snack!



Recommended Daily Servings of Fruits and Vegetables for Men, Women, and Children



What is a serving of fruits or veggies?

A serving is smaller than most people think—One serving usually fits in the palm of your hand. Some examples of a serving are listed below:

1/2 cup of raw, cooked, canned, or frozen fruits or veggies

1/2 cup of beans or peas

One medium piece of fruit (apple, orange, peach, etc)

1 cup of salad greens

1/4 cup of dried fruit—raisins, apricots, dried cranberries

3/4 cup of 100% fruit or vegetable juice

	Fruits	Veggies	Total
Children Age 2-6y	3	2	5
Children >6y, Teenage girls, Active Women, Most Men	4	3	7
Teenage Boys, Active Men	5	4	9

Source: United States Department of Agriculture/Department of Health and Human Services, Dietary Guidelines for Americans 2000.

Remember:

Fruits and Veggies are only one part of a healthy diet. It is important to include whole grains, fat-free or low-fat milk, lean meats, fish, beans, eggs, and nuts into your daily meals.

Where Can I Find...



POTASSIUM

Sweet potatoes, tomato paste/puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice.

FIBER

BEANS!

Navy, kidney, black, pinto, lima, white, soy, split peas, chick peas, black eyes peas, lentils, artichokes

VITAMIN A

Sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage.

VITAMIN C

Red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, brussel sprouts, oranges, mangoes, tomato juice, cauliflower

FOLATE

Black eyed peas, cooked spinach, great northern beans, asparagus



Why Should We Eat Fruits and Veggies?

Fruits and veggies are a great source of many vitamins, minerals, and fiber that the body needs. They are also packed with naturally occurring phytochemicals that may help protect against diseases.

Vitamins

Fruits and veggies provide a great source of Vitamins A and C. The body needs these vitamins for important processes like energy production and maintaining healthy skin.

Minerals

Fruits and veggies provide important minerals like potassium and magnesium. Potassium is important to maintain healthy heart rhythms and blood pressures. Magnesium is necessary for the body to help maintain healthy bones.

Fiber

Fruits and veggies provide a variety of



fibers that are good for your body. One form can help lower cholesterol. Another can slow digestion to allow better absorption of nutrients and better control of blood sugar levels. A third type of fiber helps the body get rid of waste.

Phytochemicals

Phytochemicals are naturally occurring substances in fruits and veggies. These fight to protect your health. Examples of phytochemicals are:

Carotenoids in red and yellow-orange fruits and veggies

Lycopene in tomato based foods

Lutein and *zeaxanthin* in leafy greens

Flavonoids in brightly colored fruits and veggies

The combination of vitamins, minerals, fiber, and phytochemicals combine to form a health-protecting and disease-fighting effect that you can't get from vitamin pills. ONLY fruits and veggies give you all of these nutrients together.

THAT GUY!!!

The “That Guy” campaign is funded by the DoD and is being established here in Naples by the Health Promotion Department in the Naval Hospital. But who is “That Guy”? Each night he’s on display somewhere, but makes his most frequent appearances on the weekends. He’s a regular guy, but when he’s had a few too many drinks, it shows. That Guy loses control, and he may not remember it in the morning. That Guy applies to anyone who, because of excessive drinking, behaves in a manner that others do not want to emulate or be around. In fact, women can be That Guy too.

Society sends mixed messages to That Guy. He’s just letting off some steam after a hard day or week, right? Sometimes his friends and strangers encourage his behavior. Maybe, in the moment, he feels like he’s funny

or popular. Sometimes he’s the life of the party.

But is the crowd at the party, in the bar, or on the town laughing with him or at him? Are people cutting their eyes to the floor when



he rambles on? Are they finding excuses to move elsewhere in the room? Is he embarrassing himself and others?

When we see him in action, or see the consequences he faces, he’s a reminder to all of us: “Don’t let me be That Guy.” The day after, when everyone’s talking about his antics, we’re so glad we were-

n’t That Guy. If we become That Guy on occasion, we regret it. If we’re That Guy all the time, we need help. But the truth is, no one wants to be That Guy.

That Guy is a multimedia campaign that uses online and offline communication with the goal of reducing excessive drinking among young servicemen. The campaign encourages young enlisted personnel, and all personnel, to reject binge drinking because it detracts from the things they care about: family, friends, dating, sex, money, and reputation. The campaign uses humor to deliver a serious message and provides viral tools so you can be part of the effort to eradicate That Guy. The campaign is a reminder to everyone: **Don’t Be That Guy!** For more information contact the Health Promotion Department at DSN 629-6313, commercial 081-811-6313 or go to www.thatguy.com.

Are You That Guy?



STATESIDE RESOURCES

TRICARE

www.tricare.mil/ProviderDirectory/

Or call your regional contractor: West Region: TriWest 1-888-874-9378, North Region: Healthnet 1-877-TRICARE and South Region: Human Military 1-800-444-5445

To speak to someone about a treatment referral and other substance abuse information, contact the Center for Substance Abuse Treatment at 1-800-662-HELP. You can also get information online at www.findtreatment.samhsa.gov

U.S. Army

For more information about the US Army substance abuse program visit the Army Center for Substance Abuse Programs (ACSAP website at): www.acsap.army.mil.

For specific substance abuse program

questions please contact ACSAP at: prevtraingroup@acsap.army.mil

National Clearinghouse for Alcohol and Drug Information

One-stop resource for information and free materials on substance abuse prevention and treatment. www.health.org, 1-800-729-6686 or 1-877-767-8432 (Spanish)

Alcoholics Anonymous

Support, information and services for alcoholics and their families. www.aa.org

Al-Anon/Alateen

Support for families and friends of alcoholics. www.al-anon.alateen.org

MILITARY ONESOURCE

24 hours a day, 7-days-a-week, toll-free infor-

mation and referral telephone service available worldwide to active duty, Reserve, and National Guard military members and their families, and to deployed civilians and their families. It can provide help with addiction and recovery as well as a variety of other issues such as health and fitness, emotional well-being, adult or child special needs, etc. To access:

From the United States: 1-800-342-9647

Outside the United States: (country access code) 800-3429-6477 (dial all 11 numbers)

Or call collect from outside the United States: 484-530-5947

TTY/TID: 800-346-9188

En español, llame al 877-989-5392

Visit MilitaryOneSource.com

Substance Abuse Rehabilitation Program

Submitted by: OS1 Quartararo

The Substance Abuse Rehabilitation Program aka. SARP offers a wide variety of services. Typically alcohol misuse is the reason for most of our referrals; however, we provide counseling and referrals for all types of addictions. In addition we will see all active duty members from all military branches or service, dependents that are over 18-years-old, retired military, DOD employees, and Contractor Civilians.

Command Referral and Self-Referral are the two types of referrals SARP clients fall under. A Command Referral can range from an alcohol-related incident (ARI), medical concern, hearsay, command concern, and everything in between. In order

to be seen at SARP under a Command-Referral, the member must go through their Command DAPA.

A DAPA is the liaison between SARP and the member's command. The DAPA falls under the same patient privacy protection laws known as HIPPA as all medical staff do.

To be seen at SARP as a Self-Referral the client cannot have any pending ARIs. The only way a Self-Referral can be initiated is either personally by the client or the by the approved personnel listed in the OPNAV5350.4D. This includes the DAPA, Chaplain, CO, XO, and CMC just to name a few.

After SARP meets with the client a number of things could be recommended. All recommendations are made as a result of each individual

situation. Everyone who comes through SARP does not necessarily need treatment or follow on care with this facility. We take a holistic approach with our clients in that we assess the client's needs based on their "Mind, Body, and Soul" disclosures. If a client has other issues going on in their life not pertaining to substance abuse, we offer to refer them to the appropriate facility to aid them in the area that is troubling them. We work with the Chaplains and we will refer client's only at the client's request. We act as a therapeutic facility meaning that we encourage our client's inputs regarding the best course of action for their care, should they need treatment and follow-on care.



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

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

Up Coming Events

- Fruits & Veggies Challenge 9/1-9/30
- Sempre Latte - Wednesdays
- Commissary Tour 9/9
- Breast Feeding Class 9/1
- 1st Trimester OB 9/2 & 9/16
- 2nd Trimester OB 9/2
- 3rd Trimester OB 9/3
- Stroller Walk Thursdays
- Ship Shape-Call for next class
- Smoking Cessation—daily appts available



Sempre Latte

A Breastfeeding Support Group

Breastfeeding Moms

Meet in the Pediatrics Clinic every WEDNESDAY from 1200-1300 for the opportunity to talk to other Moms about breastfeeding.



A Certified Lactation Counselor will be available to answer any questions you may have.

Commissary Shopping Tour

September 9th @ 0930

CALL TO REGISTER

Come Shopping with Us!

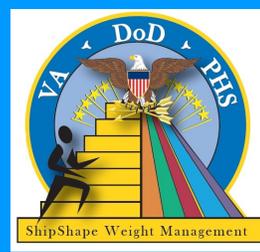


Check out the Commissary with a Dietician! Get tips on healthy snacks and quick dinner ideas.

STROLLER WALK!!



Meets every Thursday at 0800 next to the sliding doors of the TLA in the Piazza.



Are you interested in Healthy Eating and Fitness Classes?

Contact Health Promotions to sign up for the next

Ship Shape Class

Ready to Quit Smoking?



Check out Health Promotions Individual Tobacco Cessation Counseling! Call Health Promotions to set up your first visit

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 6183



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.

Take the Fruits and Veggies Challenge!



During this month, increase your intake of fruits and veggies!

Contact Health Promotions for more information and for an Increase your Fruits and Veggies Tracking Sheet.