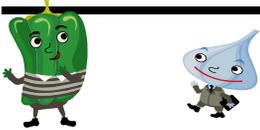




For YOUR Health

Volume 3, Issue 9

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Fruits & Veggies More Matters

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Lemon Rosemary Zucchini

When you think you've done everything you can with zucchini! This recipe offers an appetizing new flavor! This is one of our own Fruits & Veggies-More Matter™ recipes. It meets the Center for Disease Control and Prevention's strict nutrition guidelines as a healthy recipes

Category: Side Dishes
 Thing Variety; Think Color: ■ ■
 Preparation Time: 15 minutes
 Serves: 4
 Cups of Fruits & Vegetables per Serving: 3/4

Ingredients:

- 1 Tbsp olive oil
- 1 medium yellow bell pepper, diced
- 2 tsp fresh rosemary, finely minced
- 2 cups zucchini, chopped
- 1-3 tsp lemon juice, to taste
- Salt & black pepper to taste

In a medium non-stick skillet, heat olive oil over medium heat. Add yellow pepper and rosemary and sauté 2 minutes.

Add zucchini and salt & pepper, to taste. Continue sauté for another 4-5 minutes or until zucchini is just tender.

Remove from heat & stir in lemon juice. Serve.

Credit: Recipe courtesy of Nebraska's Nutrition Education Program.

Nutritional Information

Calories: 50	Carbohydrates: 4 mg
Total Fat: 4 g	Cholesterol: 0 mg
Sat. Fat: 0.5 mg	Dietary Fiber: 1 g
Sodium: 5 mg	
% of calories from Fat: 75%	

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

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. Fortified foods contain more nutrients than what is normally found in that food.

Questions?

Contact Health Promotions @ napleshealthpromotions@med.navy.mil



fruits & veggies more matters®

Fruit and Vegetables Can Protect Your Health

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

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

Whole Foods or

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. Fresh fig are available July through September. 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, Vitamin A, and Vitamin C

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!



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.



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

	Age	Veggies	Fruit
Women	19-30	2 1/2	2
	31- 50	2 1/2	1 1/2
	51+	2	1 1/2
Men	19-50	3	2
	51+	2 1/2	2
Girls	2-3	1	1
	4-8	1 1/2	1
	9- 13	2	1 1/2
	14- 18	2 1/2	1 1/2
Boys	2-3	1	1
	4-8	1 1/2	1 1/2
	9-13	2 1/2	1 1/2
	14-18	3	2

Source: United States Center for Disease Control, 5aday.gov

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

Where Can I Find...



POTASSIUM

Works with Vitamin B to help protect and develop your nervous system.

Can be found in:

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

VITAMIN K

Promotes blood clotting to stop bleeding.

Can be found in:

Green leafy vegetables, cabbage, milk, liver, wheat bran.

CALCIUM

A major component of bones and teeth.

Can be found in:

Diary products, sardines eaten with their bones, ikan bilis, fortified soy milk and tofu.

VITAMIN C

Required for healthy skin, bones, cartilage, teeth and blood vessels.

Can be found in:

Guava, red chilies, broccoli, green leafy vegetables, capsicum, citrus, kiwi and papaya.

VITAMIN B1-THIAMIN

Necessary to help the body maximizes the use of carbohydrate, its major source of energy.

Can be found in:

Wheat germ, sunflower seeds, pine nuts, nuts, oatmeal, lean meat (especially pork), offal, whole grain products

VITAMIN A

Required for healthy skin, eyes and hair. Helps the body resist infection

Can be found in:

Liver. Chilies, carrots, dairy foods, sweet potato, pumpkin, mangoes, Spinach.



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.



TOP 10 REASONS TO EAT MORE FRUITS & VEGETABLES



Why eat MORE fruits and veggies?

10

Color & Texture. Fruits and veggies add [color](#), texture ... and *appeal* ... to your plate.

9

Convenience. Fruits and veggies are nutritious in any form – [fresh, frozen, canned, dried and 100% juice](#), so they're ready when you are!

8

Fiber. Fruits and veggies provide [fiber](#) that helps fill you up and keeps your digestive system happy.



7

Low in Calories. Fruits and veggies are naturally [low in calories](#).

6

May Reduce Disease Risk. Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.

5

Vitamins & Minerals. Fruits and veggies are rich in [vitamins and minerals](#) that help you feel healthy and energized.

4

Variety. Fruits and veggies are available in an almost infinite variety...there's always something new to try!

3

Quick, Natural Snack. Fruits and veggies are nature's treat and easy to grab for a snack.

2

Fun to Eat! Some crunch, some squirt, some you peel ... some you don't, and some grow right in your own backyard!





SHOPPING for Fruits and Vegetables &



- **Buy in season.** Although most fresh fruits and vegetables are available year-round, some are less expensive when they are in season. Also keep in mind that all forms of fruits and vegetables are nutritious, so canned and frozen forms are OK too!
- **Buy more.** When there are specials on fruits and vegetables, buy extra. They can be frozen, or you can prepare a dish to *be* frozen for a busy night's dinner. But don't buy it if you won't use it or you'll just be tossing the money in the garbage.
- **Don't shop when you're hungry.** You may be tempted to buy things that are not on your list. An impulse purchase of a bag of cookies ... on sale ... can cost you \$2.50 or more.
- **Comparison shop.** The larger size is not always the best price.
- **Limit or avoid expensive snack foods, desserts and soft drinks** that provide little or no nutrition value for your money.

Compare the value ...	
What You Get for \$1*	Nutrition Value for Your \$\$
4 oz. bag chips	Calories from fat, salt
1 ¼ pound carrots	Vitamins, minerals, fiber, antioxidants
2 small cookies	Calories from fat and sugar
3 small (2 ¾ in) apples	Vitamins, minerals, fiber, antioxidants
2 liters soda	Calories from sugar
64 oz. 100% orange juice	Vitamins, minerals, antioxidants

**Prices are approximate and will vary depending on location, sales, coupons, etc.*

Fruit & Vegetable Storage 101

Great tasting fruits and vegetables begin with proper storage at home. **Just remember the FIFO rule:**

First In, First Out.

Use whatever is oldest first and continually rotate your stock to ensure freshness and reduce waste. The FIFO rule applies to all types of foods—**fresh, frozen, canned and dried.**

Most will last from 4 months to a year.

Fresh

- Use within a few days.
- Some can be left at room temperature to ripen, then refrigerated.



Frozen

- Store at 0°F or less.
- Use before the “use by” date on the package.
- As a rule, use within 6 months.



Dried

- Store in a cool, dark place (warmth makes the food spoil faster).
- Some dried foods may be refrigerated- check the package.
- Use before the “Use by” date on the package

Canned

- Check the “use by” date on the can.
- Most canned goods have a shelf life of about 2 years.



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Contact us to sign up for
 one of our classes!

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

Up Coming Events
 Tobacco Cessation: Walk-in
 Breast Feeding Class 9/13 0900-1200
 2nd Trimester OB 9/8 0900-1200
 3rd Trimester OB 9/19 0900-1200
 Infant CPR 9/19 1300-1600
 Expectant Father 9/16 0900-1200
 Opening Day Fall Youth Sports
 Carney Park 9/24
 Spouse Fit—Sign up for our next session
 “9/11 Remembrance Run,” 09/10



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 - Physical Therapy 629 6183



Re-center
 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.*