



AMEDDC&S

Spotlights Nutrition



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Navigating the Nutrition Facts Panel

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How do you determine what food ends up in your shopping cart on your weekly trip to the commissary? Is it the price or the health claims on the front of the package or simply the fact that you always buy that product? If you attempt to buy foods that meet current nutrition guidelines, it may require a dictionary, a nutrition degree and a few hours of label reading. The following article seeks to help the health conscious consumer feel less overwhelmed while standing in the aisles.

The nutrition facts panel, required for most prepared foods, such as breads, cereals, canned and frozen foods, snacks, desserts, drinks, etc. (optional for raw produce and fish) is the **FDA's method for communicating** lots of information in a concise matter. The label is

standardized so once you become familiar with it, you can easily pick out the information that is most important to you. The Academy for Nutrition and Dietetics lists the following tips for navigating the food label:



Start with the Serving Size

- Look here for both the serving size (the amount for one serving) and the number of servings in the package.

- Compare your *portion* size (the amount you actually eat) to the *serving* size listed on the panel. If the serving size is one cup and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

Let the Percent Daily Values Be Your Guide

Use percent Daily Values (DV) to help evaluate how a particular food fits into your daily meal plan:

- Daily Values are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5 percent DV of fat provides 5 percent of the total fat that a person consuming 2,000 calories a day should eat.

- Percent DV are for the entire day, not just one meal or snack.

(see Nutrition page 2)

Reserve Component breaks new ground in Nutrition Care Sustainment Training

By LTC Rene Jacob, Course Director, 807th Dietetic Consultant

Thirty-seven USAR Nutrition Care Specialists (68Ms), from across the 807th (452nd CSH, 322nd Med Co, 94th CSH, 801st CSH, 352nd CSH, 55th MED, and 25 CSH) and from the 5010

USAH, converged onto Fort McCoy, WI in June 2012. Seventeen Soldiers participated 3 to 17 June and twenty Soldiers from 17 to 30 June. Most arrived with limited expectations, since (historically) their annual trainings have not included

sustainment training specifically designed for their MOS. Quickly they realized what was ahead of them. The eighty-hour 68M Sustainment Course training schedule, coupled with the large student manual at each (see 68Ms page 3)

“Eating less fat, cholesterol and sodium may help reduce your risk for heart disease, high blood pressure and cancer.”

Nutrition Facts from P1

- You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100 percent DV.

The High and Low of Daily Values

- 5 percent or less is low. Aim low in total fat, saturated fat, trans fat, cholesterol and sodium.
- 20 percent or more is high. Aim high in vitamins, minerals and fiber.

Limit Fat, Cholesterol and Sodium

Eating less fat, cholesterol and sodium may help reduce your risk for heart disease, high blood pressure and cancer.

- Total fat includes saturated, polyunsaturated, mono-unsaturated and trans fat. Limit to 100 percent DV or less per day.
- Remember to aim for low percentage DV of these nutrients: sodium, saturated fat and trans fat.

Get Enough Vitamins, Minerals and Fiber

- Eat more fiber, vitamins A and C, calcium and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.
- Choose more fruits and vegetables to get more of these nutrients.
- Remember to aim high for percentage DV of these

nutrients.

Additional Nutrients

You know about fat and calories, but it is important to also know the additional nutrients on the Nutrition Facts Panel.

• Protein

Most Americans eat more protein than they need, so a percentage Daily Value is not required on the label. Eat moderate portions of lean meat, poultry, fish, eggs, low-fat milk, yogurt and cheese, plus beans, peanut butter and nuts.

• Carbohydrates

There are three types of carbohydrates: sugars, starches and fiber. Eat whole-grain breads, cereals, rice and pasta plus fruits and vegetables.

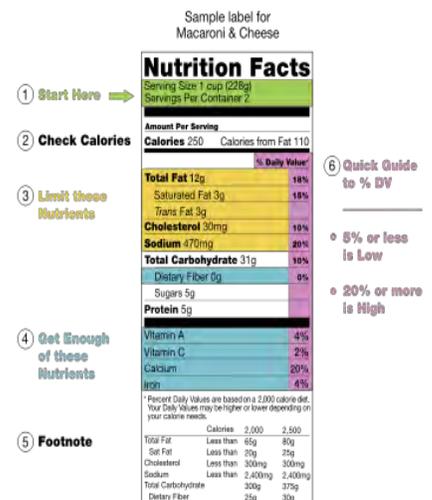
• Sugars

Simple carbohydrates or sugars occur naturally in foods such as fruit juice (fructose) or come from refined sources such as table sugar (sucrose) or corn syrup.

Check the Ingredient List

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. This informa-

tion is particularly helpful to individuals with food sensitivities, those who wish to avoid pork or shellfish or limit added sugars or people who prefer vegetarian eating.



Editors Note: Articles provided by dietitians from throughout the Army and students attending nutrition classes through the Baylor Graduate Program in Nutrition.

68Ms break new ground in Nutrition from page 1

of their desks, left no doubt that they would be challenged during the two weeks. They clearly saw that the course was designed to prepare them to be able to provide nutrition care, nutrition education sessions/presentations, and field feeding operations within a deployment environment.

The 68M Sustainment Course included classroom instruction, field kitchen site design/establishment, a group project, and a culminating field event. The course combined interactive teaching methods and exercises with evidence-based

instruction. The course included classroom instruction on field food service operations, health promotion, and medical nutrition therapy. The expert clinical instructor, CPT Justin Washington (801st CSH), engaged the Soldiers with thought-provoking questions and his wit. Fort McCoy Regional Training Site-Medical (RTS-MED) Field Feeding/Field Sanitation Instructor, Aimee Carrington, was an outstanding instructor and mentor for the Soldiers. She covered Site Establishment, Equipment Maintenance, Food Safety, and the Modern Burner Unit (MBU) operations and maintenance. The **Soldiers' creative thinking**

was challenged as they determined the most efficient, safe, and sanitary hospital kitchen layout; as well as, patient tray line layout. The Soldiers worked in teams to research, create, and present a nutrition class that could be used at their units or during deployment. The two rotation's OICs, LTC Twyla



Leigh (349th CSH) and MAJ Mary Beth Haney (176th MED BDE) provided mentoring throughout the course and during the group project preparations. The 68M Sustainment Course culminating event occurred in Fort McCoy's premier field hospital training sight. The Soldiers worked as a team to review patient charts, screen patients, prepare diets in the field kitchen, and serve a tasty meal at the proper temperature to the correct patient. All Soldiers successfully completed the necessary training and received certifications in Food Safety and the Modern Burner Unit (MBU).

The 68M Sustainment Course was highly rated by

all the Soldiers who attended. The Soldiers were grateful for having a course designed specifically for their MOS. They expressed how important it was to continue to offer the course and how they now feel more prepared for deployment. They stated that the course really shows that they are truly an important part of the medical team, serving as the nutrition experts and dedicated to sustaining the fighting force.

A special thanks goes to the NCOICs of the two rotations: SSG Joseph Cichomski, SSG

Tracey Hill, SSG B'onko Sadler, and SGT Nina Pagtakhan.

"The Soldiers worked in teams to research, create, and present a nutrition class that could be used at their units or during deployment."



Above photo: 68Ms transport patient meals and prepare to set up patient tray line.

Center photo: 68Ms perform nutrition screening (patient interviews & reviewing medical charts).

Volumetrics eating—trimming calories, not the quantity

By CPT Joy Metevier
Schofield Barracks Health
Clinic, HI

As a nutrition professional, I am asked quite regularly, “Are there any diet plans or recipe books you suggest?” While there are many programs on the market that are safe and effective, I find one approach to healthy eating, the volumetrics approach, to be among the best. This term was first applied to nutrition in the 90’s by Dr. Barbara Rolls, past-president of the Obesity Society and nutrition/behavior science researcher. Through her years of study, she came to notice that people tend to eat the same volume or weight of food at each meal, regardless of how densely the calories are packed. It was not the amount of fat, carbohydrate or protein that dictated a person’s food intake, but the amount of food. Translating this to a meal, a person served a high fat granola cereal (about 175 calories per half cup) will eat the same 2 cup serving even if served a low calorie wheat cereal (about 120 calories per half cup) and feel the same level of satisfaction. This is a 220 calorie difference!

This is not always the way humans behave with food, but it is a learned behavior over time. Toddlers and young school children, for example, when allowed to

freely graze, will eat less of a high calorie food (ie. peanut butter crackers and cheese) innately sensing the energy these calorie dense foods provide. On the other hand, if allowed to graze on something less calorie dense, like orange slices, they will eat more, again sensing the need to consume a higher volume to meet their energy needs and feel satisfied. Unfortunately, most adults have lost touch with these hunger-fullness indicators and eat based on environmental cues and an expected volume of food. So an adult will tend to eat the same amount of food, no matter if it is a plate of energy rich lasagna or low energy fruit salad. These are important principles to understand when trying to create satisfying meals that help to manage weight.

So how do these scientific principles translate into a diet plan? Simply put, choose high volume, low-calorie dense foods. Learn to adapt your recipes and meals to include a base of fruit or vegetables and lean meats, as these foods are high in fiber, water and protein and are therefore lower in calories. Omit the calorie dense sugars and fats and find substitutions. For further guidance, recipes and meal plans check out “The Ultimate Volumetrics Diet,” by Barbara Rolls coming out this month. In my opinion it is a must have.

“It was not the amount of fat, carbohydrate or protein that dictated a person’s food intake, but the amount of food.”



Both of these portions represent about a 100 calorie serving. Which do you think is a more satisfying snack?

Smart eating through the holidays

By CPT Diane Ryan
Chief, Nutrition Care Division
Weed Army Community
Hospital

Has your favorite holiday story taken on a new twist? Does it sound something like this?

‘Twas after Christmas dinner and all through the game not a creature could move; Grandma’s cooking no doubt was to blame. The stockings, once hung by the chimney with care, now lay empty – proof that St. Nick had certainly been there...

The Holiday season can often put too much **BAH** in your **HUMBUG**. Frequent dinners rich in tradition; thick and creamy holiday beverages; and those ‘made from the heart’ goodies at work are enough to send your spirits flying. The thought of weight gain renders images of a snowball rolling downhill.

This year, with a little insight you’ll be singing **Halleluiah** on New Years Day. It doesn’t take much to maintain your waistline while enjoying your holidays with great cheer. But it does take planning and, just like that deep fried turducken, a lot of preparation.

- For starters, plan to just maintain your current weight.
- Before heading out to that office or cocktail party eat a light snack at home, such as

oatmeal or whole grain cereal with skim milk. The protein and fiber in these foods will help take the edge off your appetite, allowing you more self control at the buffet.

- Be cautious of alcoholic beverages, traditional eggnog, and other sugar-laden beverages.
- At the buffet table, look for simply prepared foods like shrimp cocktail, roasted meats, green salads, and plain veggies. Fill a small plate then go sit down to eat. Remember to eat **slowly** to give enough time for your brain to register your fullness level.

to the dessert table, you may need to make a backup plan. It is okay to eat a small amount of those seasonal favorites. Know your weakness, allow yourself a specific amount, and then move away from the table.

- It is important to find alternatives to food. The holidays can increase stress, which can sometimes increase food cravings. To decrease stressful situations try a light yoga routine, deep breathing exercises, or go for a walk with a friend.

- Include exercise of some kind most days of the week. The holidays are a perfect opportunity to support local charities through Turkey Trots, Jingle Bell run/walks, or New Years Eve events. Continue or start an exercise program based on your physical abilities. Include the whole family for early morning or after dinner walks.

Most important is to give thanks for family and friends. Plan to spend more time enjoying the camaraderie of loved ones and less time focused on food.



- Eat only foods you truly enjoy eating. Do not try to please the host by sampling everything.
- If you are naturally drawn

“It doesn’t take much to maintain your waistline while enjoying your holidays with great cheer.”

Conquering the Battle of the Bulge

By CPT Allison Sweet, MS, RD, LD,
Chief, Nutrition Education
Wood Community Hospital
Nutrition Care Division

In 18 years, 42% of all American adults will be obese and 11% will be morbidly obese according to the Centers for Disease and Prevention (CDC). That is unless Americans promote healthy change in themselves and their communities.

Currently more than two-thirds (67%) of American adults are either overweight or obese. During the past 20 years, there has been a dramatic increase in obesity in the United States and rates remain high. More than one-third of U.S. adults (35.7%) and approximately 17% (or 12.5 million) of children and adolescents aged 2–19 years are obese. In every state, at least 20% of adults are obese. In 12 states, especially southern states to include Texas, more than 30% of adults are obese. Obesity is defined as having a body mass index (BMI) greater than 30.

Obesity can lead to significant detrimental consequences in an individual's personal life. Obesity increases one's risk of heart disease, type 2 diabetes, liver disease, arthritis, sleep apnea, and many types of cancers. Women who are obese may experience complications with fertility.

By taking a few steps at both the individual and community levels, the trend of obesity in American can be reduced.

Individual change

- **Aim for 60 minutes of moderate physical activity most days a week.**

The American College of Sports Medicine recommends at least 150 minutes per week of moderate intensity physical activity to prevent weight gain and maintain good health. Activity can either be programmed (e.g. lifting weights at the gym) or recreational (e.g. walking the dog). Daily activity does not have to be performed altogether; being active for as little as 10 minutes at a time throughout the day can have a huge impact. If you are not currently active for 60 minutes throughout the day, start off with a smaller time goal (e.g. 20 minutes day) and slowly build up to 60 minutes.

- **Reduce your intake.**

Reduce your portion sizes or daily intake by 500 calories. A good way to find out how many calories you eat is to track your calories. There are many phone apps and online programs that can help and several are free to use.

- **Increase fruit and veggies.**

Fruits and veggies are a great way to add bulk to your plate without a lot of calories. They also contain many vitamins and minerals that keep your body healthy.

- **Reach for water.** Aim to drink at least 8 glasses (64 oz) a day. Replacing high calorie and sugary drinks with water is a great way to reduce your daily calories and keep yourself hydrated.

If you don't care for the taste of water, try adding in some lemon or lime juice or a low-calorie drink mix.

- **Be a role model for your kids.** Due to the increase in overweight and obesity in children, many parents may outlive their children. In order to help prevent this, encourage kids to make healthy food choices and to be active.

See Bulge page 7.



Deana Garcia takes Daisy for a walk as part of her exercise routine. Deana went from 256 lbs to 175 lbs. by exercising and watching what she ate.

“Currently, more than two-thirds (67%) of all American adults are either overweight or obese.

Bulge from P6

Provide your children with healthful options and make good nutrition a family lifestyle.

Community change

The CDC's Communities Putting Prevention to Work program and the Institute of Medicine recommend several community-based steps to help control and prevent obesity in America.

- **Advocate for more farmer market's and**

local produce vendors.

- **Encourage housing communities to have greater access to safe means for physical activity (e.g., add additional street lamps and sidewalks).**

- **Encourage schools to develop nutrition programs that focus on childhood obesity prevention.**

- **Create a workplace Obesity Prevention Program (www.cdc.gov/leanworks/).**

Making small gradual changes today, at the individual and community level, can help to reduce and prevent obesity in America.

Energy Drinks: A healthy and safe way to stay alert and awake?

By CPT Allison Sweet
Chief, Nutrition Education

With promising names like Monster, Rockstar, and NOS, it's no wonder that energy drinks have become an increasingly popular way to try to improve alertness, enhance performance, and

fight off sleep. As more and more people reach for these high caffeine drinks, the health industry has begun to question how safe and effective are energy drinks on a regular basis.

Unlike the rest of our food and drinks, energy drinks are not monitored

by an agency to make sure that they are safe to drink. The Food and Drug Administration (FDA) classifies energy drinks as dietary supplements.

See Drinks page 8

Is it really a food allergy?

By CPT Allison Sweet
Chief, Nutrition Education

More and more individuals are living with food allergies. The Food Allergy and Anaphylaxis Network estimates that as many as 15 million Americans or 4% of the U.S. population have at least one food allergy. The prevalence of food allergies

in America is also on the rise; the Center for Disease Control and Prevention reported an 18% increase between 1997 and 2007. As food allergies become more common, people may be quick to label themselves with a food allergy even when they do not have an allergy.

Many more Americans

have some type of food intolerance (also known as food sensitivity) as opposed to a true food allergy. It is important to recognize the difference as treatments can vary.

See Allergies page 8.

Enjoy 100 Calorie Snacks !

Almonds (16)

Sunflower seeds (1/3 cup)

Hard-boiled egg

Water-packed tuna 3-oz can

Popcorn 100-calorie mini bag

Cauliflower, 4 cups

Cherry tomatoes 3 1/2 cups

Apricots (5)

Tangerines (3)

Strawberries (16)

Grapes, 1-1/2 cups

Cantaloupe, 1/2

Blueberries, 1 cup

V-8 Juice

Drinks from P7

“High levels of caffeine, as much as 300 mg, can cause “caffeine intoxication.”

They don't have to follow the same rules that other drinks do, such as acceptable ingredients and labeling. For example, sodas and other **caffeine beverages can't have** more than 71 mg of caffeine for every 12 fl oz. Energy drinks can have an unlimited amount of caffeine without having to label the amount or place a warning label if it contains a very high amount of caffeine. Some energy drinks contain more than 3 times the caffeine the FDA allows in soda: one energy drink, on the market, contains more than 500 mg.

Most people don't know how much caffeine they consume every day and even more **don't know how much is considered to be safe.** It is difficult to determine safe

amounts because each person can tolerate a different amount, based on their weight and usual consumption of caffeine. In addition, **people who don't regularly consume caffeine or who consume small amounts are more sensitive to caffeine's** affects.

High levels of caffeine, as much as 300 mg, can cause **“caffeine intoxication.”** The British Journal of Addiction estimates that 1 in every 10 people have had caffeine intoxication. Symptoms include nervousness, restlessness, tremors, rapid heart-beat (tachycardia) irritability, depression, **“caffeine induced sleep disorder”**, disorientation, hallucinations, and in some cases death. High levels of caf-

feine can also increase the risk of heart failure because it makes the heart pump faster and increases blood pressure.

Unfortunately as people rely more and more on caffeine drinks to give them additional energy, they become resistant to caffeine and have to consume greater amounts to get the benefits. Building tolerance to energy drinks is especially dangerous because they already have very high amounts of caffeine. Energy drinks have been linked to seizures, strokes, and even deaths. Athletes are not immune to the dangers of high caffeine energy drinks. For example, **a motocross athlete's heart** stopped during an event after drinking 8 cans of Red Bull in 5 hours.

Reducing the amount of caffeine you drink, lowers **your body's tolerance and** allows you to get more of the benefits from a smaller amount. However, the best way to increase energy and to stay awake is to ensure that you get enough sleep at night. If you do decide to use caffeine for an energy boost, only consume small amounts, such as a cup of coffee or cans of soda (40-100 mg). Try to limit your **“boosts” to no more than 1-2** times a week.

Allergies from P7

Food Allergy

A food allergy is a type of immune system response. Your body mistakenly thinks that a particular food or ingredient is harmful and so it attacks the food or ingredient. The most common types of food allergies are: eggs, milk, peanuts, seafood, shellfish, soy, tree nuts, and wheat. The most common food allergies in children are eggs, milk, peanuts, and tree nuts. Adults most commonly develop an allergy to eggs, fish, peanuts, shellfish, and tree nuts.

Symptoms of food allergies range from mild to life threatening. Symptoms may include: rash/hives, itchy skin or mouth, nausea, stomach pain, diarrhea, swelling of the airways, shortness of breath, chest pain, or anaphylaxis (a life threatening allergic reaction).

Food Intolerance

A food intolerance is a type of digestive system response. This type of response typically occurs when a person is missing a certain enzyme needed to digest a particular food or ingredient. An intolerance can also occur when the food or ingredient irritates the digestive tract. The most common types of intolerance are lactose (milk and other dairy products), gluten (wheat, rye, and barley), fructose (fruit), wheat, and yeast (most bread products). Some people have intolerance to chemical additives, such as monosodium glutamate (MSG). **See Food intolerance page 9.**

Food intolerance from P8

Symptoms of food intolerances are often less severe than food allergies and typically involve the digestive system. Symptoms can include: nausea, vomiting, diarrhea, stomach pain, gas, cramping, bloating, heartburn, headaches, and irritability.

How to Tell the Difference

Food allergies are triggered every time the particular food or ingredient is eaten. People with severe allergies can experience symptoms just by coming into contact with the food. For example, people with severe peanut allergies can develop a rash if they are touched by someone with traces of peanut butter on their hands. Your doctor can either run a skin-prick test or a blood test to determine if you have a food allergy.

With food intolerances, food must be eaten in order for symptoms to occur.

Food intolerances are often dose dependent, meaning that people with an intolerance can endure a certain amount of a particular food or ingredient before they experience symptoms. For example, some people with lactose intolerance may be able to tolerate yogurt because it contains less lactose than other dairy products. Certain food intolerances, such as lactose or gluten, may be verified if the tests are available. Elimination diets are often used to determine food sensitivity. An elimination diet is a method of identifying foods that an individual cannot consume without unfavorable symptoms.

Treatment

Unfortunately, there is not a medication that prevents allergic reactions for food. People with food allergies need to avoid their trigger foods at all times. The

food or ingredient can trigger an allergic reaction. It is important to be aware of hidden ingredients and the risk of cross-contamination of food. People with food allergies should also work with their doctor, allergist, and dietitian to develop a healthy meal plan and strategies to reduce the risk of accidental exposure to food allergies. People with severe allergic reactions may be prescribed medication to reduce the risk of anaphylaxis.

People with food intolerances should work with their doctor and dietitian who can assist in identifying which foods trigger symptoms. Developing a healthful meal plan with a dietitian can increase awareness of trigger foods and hidden ingredients.



“In a nutshell, if you experience symptoms related to certain foods, it is important to inform your doctor. They can help you to determine if it is a food allergy or intolerance.”

Most common food allergies:

- Peanuts
- Gluten
- Lactose
- Fructose
- MSG

What is all the hype about whole grains?

There is no question about it – whole grains are better for us than refined grains. From the Surgeon General down to the front of your favorite cereal box, Americans are urged to eat whole grains. This leads to some questions: What does the research say about whole grains? How is a whole grain

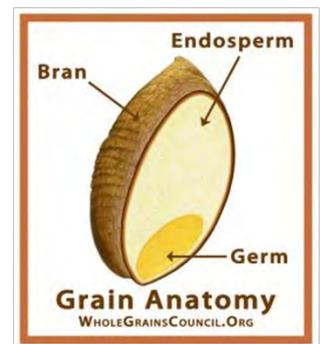
defined? What do all the food labels mean? This article will address these questions and provide helpful tips for making smart choices at the commissary.

What is a “whole grain?”

This is the definition provided by the Whole Grain Council: “Whole grains or

foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed.” Barley, buckwheat, corn (including whole cornmeal and popcorn), oats (including oatmeal), rice (including brown, colored

See Grains page 10



“Eating hot or cold cereal is one of the best ways to include whole grains in your diet.”

Grains from Pg

and wild rice), rye and wheat are the most common whole grains available to US consumers. Refined grains differ from whole grains in that the refining process removes the germ and the bran, crucial components of the grain. This leaves only the endosperm or starchy component of the grain. The endosperm is then ground into a flour that can be up to 90% less nutritious than the whole grain alternative.

How do whole grains benefit my health?

The fiber, vitamin and mineral content of whole grains has an effect upon the development of many chronic diseases. Risk for stroke, type 2 diabetes, gastrointestinal disease, heart disease and hypertension can be reduced by eating at least 3 servings of whole grain per day. Aim for at least 48g of whole grains per day for balanced health.

Whole grain food claims

Figuring out the best whole grain products can be tricky. Just because bread is brown or labeled multigrain, it does not mean that the bread is whole grain. Many brown breads get their brown color from caramel coloring, not from whole-grain flour. When shopping, the first ingredient listed should be a whole grain such as whole wheat, whole rye, whole corn, oats or brown rice. If the first ingredient listed is wheat flour, it is not a whole grain. Whole-grain

bread

should have at least 2 grams fiber per serving.

Taking it to the commissary

Eating hot or cold cereal is one of the best ways to include whole grains in your diet. To choose the best cereals, memorize these five guidelines and be sure that it is made with 100% whole grain.

- **At least 3 grams (g) fiber/ serving**
- **No more than 6 g sugar/ serving**
- **No trans fats (no “partially hydrogenated oil” should appear in the ingredients list)**
- **No more than 175 milligrams (mg) sodium/ serving**
- **At least 3 g protein/serving**



Spend your summer in shape while dining on post

By 2nd Lts Carol Carr, Miriam Craft and Amanda Vaughan, students, US Military Baylor University Graduate Program in Nutrition

Feeling great in your swimsuit now? Keep that great feeling all summer long while dining on post!

Making healthy, low calorie and low fat choices when you eat is the best way to complement your daily physical activity so you can stay in shape all season.

And you wonder, “But how am I supposed to make healthy choices when I decide to eat out on post?”

Here are a few quick and easy suggestions to keep you and your whole family healthy while dining out!

Choose

Water or unsweetened tea
Grilled or baked chicken
Side salad or fruit
Smaller portions/spilt meals
Low-fat dressings

Limit

Soda and fruit juices
Fried foods
French fries
Larger portions
Extra mayo or cheese

The desktop dining exposure

By CPT Allison Sweet
Chief, Nutrition Division
Wood Army Hospital

Historically, the amount of time Americans spend working has increased over the years, with the majority now exceeding 40 hours a week. Few would argue that the pace of work-activities has likewise increased. To maximize efficiency, workers may be tempted to consume meals 'on-the-go' at their desk or work station. In fact, a recent survey by **Home Food Safety™** found that 83 percent of Americans are doing just that. Although it likely provides benefits in terms of enhanced time management, **the practice of "desktop dining" may increase your risk for a food-related illness.**

Most food-borne illnesses are caused by eating foods contaminated with viruses or bacteria. According to the CDC (Centers for Disease Control), each year 1 in 6 Americans, or roughly 48 million people will experience a day or two of nausea, vomiting, or diarrhea as a result of eating contaminated foods. Fortunately, for the majority of these 48 million cases, the symptoms are mild, and self-limiting; within a day or two recovery is evident, if not complete. While it is less common, food-borne illnesses can be so severe that they require medical intervention. In fact, 128,000 people are

admitted to hospitals each year and another 3000 die from food-related illness.

By following these five simple guidelines you can greatly reduce your risk of contracting a food-borne illness.

The next time you dine at your desk, enjoy a safe and healthy lunch by following these quick and easy guidelines.

Helping Hands

According to the Soap and Detergent Association (SDA), only 35 percent of Americans wash their hands regularly before lunch. To help prevent the spread of germs, wash your hands with warm, soapy water for 20 seconds (or sing the ABCs) before you start your meal. **If you can't wash your hands, use a hand sanitizer.**

Do a Little Housekeeping

Clean the surfaces on your desk (which includes your desktop, keyboard, mouse, etc.) at least once a week to minimize germs. A study conducted by the University of Arizona discovered that the average office desk contains 100 times more germs than a kitchen table. To reduce your risk of food-borne illness, clean your desk before and after you prepare or eat food in your office.

Scrub the Plates

Wash your office coffee mug, water bottle, and lunch

box every day with warm soapy water or use disposable cups, plates and silverware. Bacteria that cause food-borne illness can grow on tiny bits of food or saliva, contaminating food or beverages consumed the next day.

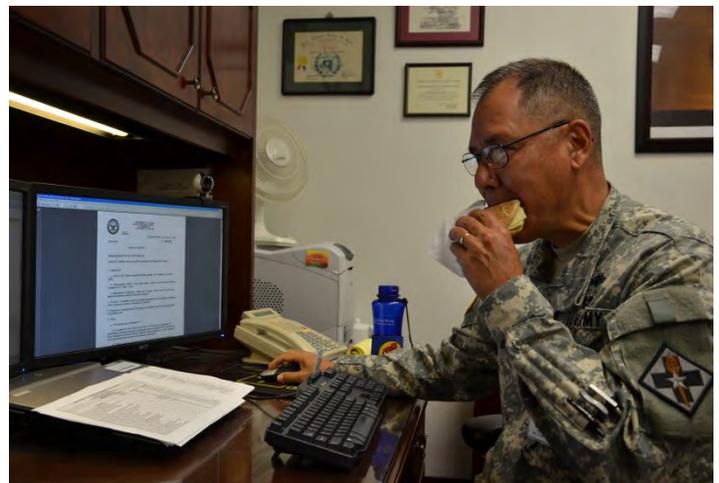
Keep it Cold

Perishable food items, such as sandwiches and leftovers, need to be refrigerated within 2 hours of preparation. If removed from the refrigerator, they should not be exposed to room temperature for more than 2 hours. Many types of bacteria grow in foods as they approach room temperature. In order to help keep your food cold, pack your lunch with icepacks or store it in the office refrigerator.

Put a Label on it

If you plan to keep condiments or snacks in the office refrigerator, write the date on it. Most home made snacks and leftovers expire in 2-5 days. Throw away any expired or questionable foods.

"Eating less fat, cholesterol and sodium may help reduce your risk for heart disease, high blood pressure and cancer."



Ask the dietitian a question

Ask the Dietitian:

Question: What are the most important things to know about managing holiday weight gain?

Answer: Health professionals estimate 3 to 7 pounds as the average weight gain for most Americans during the November to January holiday season. While this may seem like a high estimate, it takes a mere 300 calories, or 2 holiday cookies, per day to pack on the pounds. Watchfulness and a realistic plan are the best ways to prevent unwanted weight gain. Here are a few tips for navigating the parade of holiday parties and food focused get togethers:

1. **Be realistic.** Make your goal weight maintenance vs. weight loss over the next few months.

2. **Get feedback.** Research shows that continual monitoring and feedback will allow you to make small corrections through the week. Weighing yourself a few times per week allows you to correct a one pound increase as soon as it creeps on. Another great tool is a smart phone application such as “Calorific” or “Burn the Turkey.” These provide immediate feedback on how to adjust diet and exercise to keep energy balanced through the day.

3. **Avoid grazing.** Small bites of food through the day can have a big impact. Try chewing sugar free gum while you are cooking or when you are finished with a meal to avoid “picking” on food outside of meal time.

4. **Manage portions.** Use appropriate serving utensils for casserole and starch dishes (should be no more than a 1 cup serving), serve on 7-9” plates and pre-slice desserts to encourage small pieces. If you are still hungry, wait 15 minutes before deciding to go back for more. This will give you time to decide if you truly want more and will keep you from making an impulsive decision to grab that 3rd serving of pie!

5. **Avoid drinks with calories.** Holiday punch, eggnog, alcohol and soft drinks can add hundreds of calories to your day. It is a good practice to avoid any drink with more than 10 calories per serving.

6. **Add activity.** Make a basketball game, an afternoon walk or few games of Wii a part of your family tradition.

The important thing to remember is that your behaviors are ultimately what determine weight gain. Going into the holiday season with a plan and sense of awareness puts you ahead of the game and makes it more

likely that you will maintain weight during the holiday season.

Question: Have you ever been too busy to eat, or find yourself struggling to choose the right foods on the go?

Answer: Surveys indicate that, on average, a U.S. adult eats 4.8 meals per week in restaurants. It can be difficult to eat right while juggling a busy lifestyle. This article will address ways to choose wisely while dining out, provide guidance on healthy alternatives, help you to avoid hidden or empty calories.

First, it is a good to become familiar with those restaurants that provide healthy food options and nutrition information. Most large restaurants and fast food chains have nutrition information posted on line. Using a smart phone application, like MyFitnessPal can also be a helpful tool. You want to look for meals that are 700 calories or less and snacks that average 300 calories.

Next, know your best picks for different types of restaurants. For instance if you’re going to eat Mexican food, try choosing a burrito or soft tacos with grilled veggies, chicken, fish, or steak. Choose plain white rice versus chow mein noodles or fried rice when eating Asian. For fast food, opt for a grilled chicken sandwich,

reduced fat dressing. Choose locations that will allow you to make substitutions, such as vegetables and fruit instead of fries. Always ask to have condiments “on the side” in order to avoid too many calories from high calorie sauces.

Plan ahead! Don’t let yourself hit the road at 1600, with a growling stomach and 2 hours until dinner time. Pack some trail mix with dried fruit, nuts and seeds, baby carrots or fresh fruit. If you have a hard time with breakfast, a bagel with nut butter, dry ready-to-eat cereals, sports bar, string cheese, yogurt, and milk are easy to grab options from a convenience store.

Lastly, beware of drink calories! Drink calories pack a large amount of empty energy that doesn’t fill you up. Replace these calories with diet/low calorie beverages, using the nutrition facts label as a guide. Look below at some of the big energy savings from making the following substitutions:

See Choose the Right Foods page 13.

Choose the right foods from P12

	Calories		Calories
Breakfast - 16 oz OJ	200	Breakfast - 12 oz Trop50 OJ	70
10 a.m. - 24oz Rock Star Energy Drink	390	10 a.m. Red Bull	0
Lunch - 20oz Coke	240	Lunch - 24oz Coke zero	0
2 p.m. - 32oz Powerade	240	2 p.m. PowerAde Zero	0
Dinner - 16oz Sweet Tea	200	Dinner -16oz Green Tea Peach Mango	10
8 p.m. - 2 x 12 oz Beer	300	8 p.m. - 2x12oz light Beer	110
Total Calories	1570	Total calories	190

Remember, it is possible to make healthy food choices while away from home. You simply have to plan ahead, make substitutions, pack snacks, and read labels!

And the Best Diet for 2012 is.....

According to the U.S. News and World Report's Annual poll, the best diet for 2012 is the DASH diet (it stands for Dietary Approaches to Stop Hypertension). The poll ranks 25 different diet programs in 7 different categories and the DASH plan was awarded "Best Overall Diet." This approach to eating has been studied for more than 25 years. It emphasizes whole grains, fruits, vegetables, low-fat dairy and lean proteins. The DASH diet is not intended to be a weight loss plan, but is designed to prevent heart disease, cancer and diabetes. While the plan does not directly target weight loss, participants improve their eating habits which in turn help them to lose weight. The DASH diet is endorsed by the U.S. Department of Health and Human Services and is considered safe for most Americans.

Other top-rated diets include Weight Watchers, The Mayo Clinic and Biggest Loser diets. Each of the top winners is simple to follow and provide sample meal plans that can make changing one's diet easier. Accountability is another key component of the top-rated diets, with food records and support groups as the primary method. Finally, the experts agree that weight loss is 70% diet and 30% exercise. While most plans provide a suggested workout routine, the greater emphasis for health and weight loss is on the components of the diet.

It is important to remember that not all diets work for all folks. Pick up a few books, ask for a referral to a dietitian and get started.

Sample Menu (1 Day of DASH Eating)

Breakfast: 1 cup fresh mixed fruits, such as melons, banana, apple and berries, topped with 1 cup fat-free, low-calorie vanilla-flavored yogurt and 1/3 cup walnuts
 1 bran muffin
 1 cup fat-free milk
 Herbal tea
 Lunch: Curried chicken wrap made with:
 1 medium flour tortilla 2/3 cup cooked, chopped chicken, about 3 ounces 1/2 cup chopped apple 2 tablespoons fat-free mayonnaise* 1/2 teaspoon curry powder
 8, raw baby carrots
 1 cup fat-free milk
 Dinner: 1 cup cooked whole-wheat spaghetti with 1/2 cup marinara sauce, no added salt
 3 cups mixed salad greens
 1 tablespoon low-fat Caesar dressing
 1 whole-wheat roll
 1 teaspoon trans fat-free margarine
 1 nectarine
 Sparkling water
 Snack (anytime): Trail mix made with:
 1/4 cup raisins 1 ounce, or about 22, unsalted mini twist pretzels, 2 tablespoons sunflower seeds

Backpack snacks, healthy snacks for kids

Backpack snacks

By Col. Donna Dolan
RC, Corps Chief, Army
Medical Specialist Corps

It is back-to-school time and time to keep plenty of portable snacks on hand. Looking for a convenient place to stash those snacks? Look no further than your back - your backpack, that is.

According to a study published in the *Journal of the American Dietetic Association*, 93% of children snack during the day, with afternoon being the most popular time. Whether your child comes home after school or spends hours practicing sports, band, choir or other extra-curricular activities, backpack snacks

can be a healthy way to fuel kids' bodies. Try the following tips to keep on-the-go snacks tasty and healthy. Baggies are a snacks' best friend. Stuff snack-size baggies with ultra-convenient healthy snacks like popcorn, baby carrots, raisins, celery and trail mix.

Pack perishables with care. Keep foods like yogurt and string cheese cold by storing them in an insulated lunch bag with an ice pack or keep them chilled with bottles of frozen juice or water.

Pack the original fast food! Take along nature's candy - apples, grapes, bananas, celery, carrots, oranges and pears.



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Make kid favorites. Kids enjoy making treats at home especially if they have help. Experiment in the kitchen and make homemade granola, trail mix and cereal bars such as Cinnamon Crunch Marshmallow Squares recipe found at Safeway.com.

Healthy summer snacks for kids

Written By 2LT Carol Carr, 2d Lt Miriam Craft, and 2LT Amanda Vaughan

The kids are out of school and summer is in full swing. What better way to celebrate than to bring the fresh taste of the season into everyday foods? Colorful fruits and vegetables are a tasty way to add variety and important nutrients to our diet, especially for kids. Here we feature several suggestions for healthy snacks for the kids this summer- simple enough to have their help in the kitchen, and yummy enough to have them enjoy every bite!

Chocolate Berry Smoothie (adapted from "Eat to Live", by Dr. Joel Furhman)

Makes 2 servings.

5 oz baby spinach
2 cups frozen blueberries
½-2/3 c Skim milk, or non dairy beverage like unsweetened soy milk
1 banana
2-4 dates, pitted
2 T unsweetened cocoa powder
1 T ground flaxseed
Blend all together in a blender until smooth and creamy.
Serve immediately.

Make "Ants on a Log" with celery sticks, any type of nut butter, and your favorite dried fruits—try cranberries or cherries.



Fruit Salsa with Cinnamon Chips Recipe, (Adapted from Taste of Home Online Recipes: <http://www.tasteofhome.com/Recipes/Fruit-Salsa-with-Cinnamon-Chips>),

Prep/Total Time: 30 min., Yield: 20 Servings

- 1 cup *finely chopped fresh strawberries*
- 1 *medium navel orange, peeled and finely chopped*
- 3 *medium kiwifruit, peeled and finely chopped*
- 1 can (8 ounces) *unsweetened crushed pineapple, drained*
- 1 *tablespoon lemon juice*
- 1 *teaspoon sugar*
- **CINNAMON CHIPS:**
- 10 *wheat tortillas (8 inches)*
- 1/8 *cup olive oil*
- 1/4 *cup brown sugar*
- 1 *teaspoon ground cinnamon*



Directions

In a small bowl, combine the first six ingredients. Cover and refrigerate until serving. For chips, brush tortillas with butter; cut each into eight wedges. Combine sugar and cinnamon; sprinkle over tortillas. Place on ungreased baking sheets. Bake at 350° for 5-10 minutes or just until crisp. Serve with fruit salsa. **Yield:** 2-1/2 cups salsa (80 chips). This salsa can also be served with cinnamon graham crackers or cinnamon chips.



Baylor Graduate School in Nutrition

Both the U.S. Army and the U.S. Air Force have a proud history of training dietitians through their respective dietetic internship programs. In 1998, the separately accredited U.S. Army and U.S. Air Force Dietetic Internship Programs joined resources and created the first “Dietetic Internship Consortium” in the nation, hence the name U.S. Military Dietetic Internship Consortium. (The U.S. Navy is also a member of the Consortium although they do not currently have an active training program.) In 2006, the Army Dietetic Internship expanded its initial entry level dietetics program to a 20-month combined Masters Degree and Internship program. The collective program is named the Graduate Program of Nutrition (GPN) and is comprised of the following 2 components:

- US Military-Baylor University Masters Program of Nutrition (MPN)
- US Military Dietetic Internship Consortium

The Graduate Program of Nutrition is a two-phased, degree-producing program. Phase 1, the didactic portion, is approximately 9 months long and is completed at the Army Medical Department Center and School (AMEDDC&S), Fort Sam Houston (San Antonio), Texas. Phase 2, the internship and research portion, is approximately 11 months long and is completed at one of three locations: San Antonio Military Medical Center (TX), Walter Reed National Military Medical Center (D.C.), or Madigan Army Medical Center (WA). Students who successfully complete the program will be awarded a Master of Science Degree in Nutrition from Baylor University and will be eligible for the Registration Examination for Dietitians.

The course is offered once each year and begins on, or about, 1 December. However, entry into the military occurs on, or about, 1 September to allow the student to attend the services' respective initial Officer Leadership course. (Basic Officer Leadership Course for the Army or Commissioned Officer Training for the Air Force.)

In 2008, the MPN component was made available to a limited number of fully qualified Registered Dietitians. This is not necessarily offered annually and will depend on the manpower needs of the Army and Air Force. Service healthcare recruiters will have specific information about availability of this program year to year. Individuals accepted into this program as fully qualified RDs will complete the MPN and research requirements prior to being assigned as military dietitians to their first duty station. In 2010, the MPN program welcomed Air Force students into the program for the first time.



What's in YOUR Bottle?

By CPT Diane Ryan, MS, RD
Chief, NCD
Weed Army Community Hospital

Many people eat one or two meals a day and consume soft drinks, juices, juice drinks, energy drinks, or sports drinks throughout the day. The first inclination is typically, ‘I barely eat anything so why can't I lose weight?’ The reason can be fairly simple. It might be excessive calories from beverages.

Studies have shown that we tend to underestimate our daily calorie intake by as much as 42% and overestimate our exercise expenditure by up to 22%. Studies also show that we typically do not consider the beverages we drink as food or as part of our daily calorie intake.

Take this test: on a regular day, write down but you. At the end of the day review your list. coffee, etc.). Many people are surprised to ages. And that can add up to an extra 1000 week. Unfortunately most of these beverages and food coloring which offer minimal to no



everything you drink, and the quantity. Be honest...no one will see the list Mark off all calorie-free drinks (water, diet soda, unsweetened tea, black find that they are drinking 64 to 80+ ounces per day of sugared beverages which, in turn, can lead to at least 2 pounds of weight gain per contain ‘empty calories’, meaning they are basically little more than sugar nutritional benefit.

Compare your beverage list with the following list and ask yourself, ‘What's in MY bottle?’

Calories from foods *and* beverages are important for providing energy to our bodies. However, consuming more calories than our bodies require in a 24 hour period will lead to weight gain.

To find out how to make healthy food and beverage choices, call the Weed Army Community Hospital Nutrition Care Division at 760-380-3178 or the Tricare Appointment line at 866-460-5305 to set up an appointment with the Dietitian.

