

WAYS TO WELLNESS



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FOCUS ON: Nutrition

Greetings from MCRD MCCS Health Promotions! As your new Health Promotions Coordinator, I've started this newsletter in order to send you exciting and useful health information each month! From interesting stories and healthy recipes to a Q&A column and an events calendar, my goal is to provide you with easy-to-use resources to help you adopt a healthier lifestyle!

Each month, Health Promotion and Fitness events on base are designed around a monthly topic. Accordingly, each month's newsletter will echo the monthly theme. March is Nutrition Awareness Month! Read on to learn about some simple yet effective changes you can make to your diet; some Frequently Asked Questions about cooking strategies; and don't forget to check out the Healthy Happenings tab to learn what fun events are going on around base this month!

HEALTHY HIGHLIGHT: "Light" Doesn't Mean Healthy!

60% of Americans are now overweight, and more than half of that 60% are obese. More Americans are on a "diet" today than ever before, and the food industry has been quick to provide us with low-calorie, low-fat, vitamin-fortified versions of any product imaginable to help us reach our weight-loss goals (Vitamin Pepsi, seriously?! What the average consumer doesn't know, however, is that many of these products that tout healthy claims on their packaging really aren't any better for us!

For example, consider the recent 100-Calorie Snack Pack craze. Have you ever looked at

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Lastly, I am excited to be here at MCRD and look forward to working with you all to achieve a healthier lifestyle! If you need diet or exercise advice, tobacco cessation, lifestyle coaching, or just a friend to talk to, please don't hesitate to call me! I hope to hear from you soon!

Happy in health!
Megan Duesterhaus
MCRD Health Promotions Coordinator



the ingredient list on the 100-Calorie Hostess Carrot Cake? Here's an **abbreviated** list:

ENRICHED BLEACHED WHEAT FLOUR PARTIALLY HYDROGENATED VEGETABLE AND/OR ANIMAL SHORTENING (SOYBEAN, COTTONSEED AND/OR CANOLA OIL, BEEF FAT), HIGH FRUCTOSE CORN SYRUP, DEHYDRATED CARROTS, CORN SYRUP, WHOLE EGGS, GLYCERIN, WHEAT PROTEIN ISOLATE, CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM, CARRAGEENAN GUM), PINEAPPLE JUICE CONCENTRATE, CORNSTARCH, MONO AND DIGLYCERIDES, POLYSORBATE 60, SOYBEAN OIL, CORN FLOUR, COTTONSEED FIBER, SOY PROTEIN ISOLATE, SODIUM STEAROYL LACTYLATE, SOY FLOUR, SWEET DAIRY WHEY, CALCIUM AND SODIUM CASEINATE, MODIFIED CORN STARCH, GLUCOSE, CINNAMON, LEAVENINGS (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SALT, CARAMEL COLOR...

Do you know what most of those ingredients are? I sure don't! A few good rules to follow: 1) If you can't pronounce an ingredient, then you shouldn't be eating it! 2) The more processing a food has gone through to get to your shopping cart, the worse it is for your body!

The science behind these products is sneaky, but also common sense! If the fat is removed from a cookie, they have to put something else in it to make it taste decent! Accordingly, low-fat products typically have added salt and sugar to make up for the taste. The same goes for low-calorie foods. Most likely, the low-calorie option has a higher fat and salt content than the regular version.

So what is a dieter to do? The answer is surprisingly simple: Stop eating "diet" foods!

FIT TIP: Fuel Up!

Eating before a workout is an artful science. What and when to eat pre-workout is different for each person and is largely a matter of preference. Although it takes some trial and error to figure out what works best, there are some tried and true practices that will ensure you are well-fueled and well energized for your next workout...no matter what the hour!

- **Hydrate for any workout, anytime.** No matter the time of day, you must hydrate prior to any workout, but especially a cardio session! Even as little as 2% dehydration can impair your performance. Without adequate water in your system, blood circulation throughout your body is hampered, which means your hard charging muscles can't get the oxygen they need to keep working. 12–20 ounces of water 20–90 minutes before you workout is recommend for adequate hydration.
- **For early morning exercisers.** For those of us that roll out of bed into our running clothes, eating pre-workout can be a challenge. Often times, our stomachs aren't ready for food and busy morning schedules don't allow ample time for digestion/absorption. To avoid low blood-sugar and give your body some much needed fuel (read: energy) to get through your sweat session, have a small high-carbohydrate snack. Avoid proteins and fats as they cannot be broken down and used for energy as quickly. Good choices: banana, piece of whole-wheat toast, raisins, liquid shake, granola bar.
- **For the lunchtime and after work crowd.** With some more daylight hours available before your workout, it is recommended that you plan your pre-workout snack and eat enough in advanced for digestion/absorption. Plan to eat a 200–400 calorie snack or mini-meal 1–2 hours before your workout. A high-carbohydrate snack with moderate amounts of protein and fat will give you ample energy without leaving your tank empty after you've cooled down! Good choices: bagel

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with peanut butter, apple with string cheese, oatmeal, whole-wheat cracks with cheese, energy bar.

- **Post-workout fuel.** Eating after your workout ensures your muscles get adequate carbohydrates and proteins to begin rebuilding and repairing for your next session. Although everyone's systems are ready for food at different times, your best bet is to refuel with a 60% carbohydrate/20% protein/20% fat snack within 60 minutes of your workout. NOTE: If you are trying to lose weight, it is a delicate balance between refueling your body and eating all the calories you just burned off. Aim for a 200-calorie snack and keep your portions in control so that you don't undo all your hard work!

ASK MEGAN!

Q: *My family hates the taste of whole-grain pasta and brown rice! How can I get them to eat their whole grains without sacrificing flavor?*

A: We now know that whole grain foods are nutritional powerhouses! With added vitamins, minerals, and fiber and less refined sugar and processing than their white counterparts, eating 5–8 servings of whole grains is key to a whole and healthy diet! However, many people have a tough time making the switch to from white to brown! Whole grain breads, rices, and pastas most certainly have a chewier and sometimes nuttier flavor and can be visually unappealing (brown pasta, anyone?). But here are some quick and easy tips to make those nutritional winners taste delicious!

- **Mix white and brown grains** – use 1/2 white pasta/rice and 1/2 brown pasta/rice whenever making a dish. The flavor and texture change will be less subtle as your family slowly adjusts. Alter the proportion of white to brown little by little until you are eating all brown rice/pasta!
- **Cook your pastas/rices in broth or juice** – instead of using water, boil your grains in chicken broth for a savory flavor or orange and lemon juice for a fruitier flavor. This subtle trick will make your grains much more palatable!
- **Disguise them** – bake whole grains into casseroles and soups; when whole-wheat pasta is tossed with tomato sauce, a bunch of frozen veggies, some spices and topped with mozzarella cheese and baked, no one

will be able to tell that their pasta is brown! Be careful though; don't toss your pasta with rich and creamy sauces full of fat and calories!

- **Use them in new ways** – whole-wheat bread croutons or breadcrumbs, crushed triscuts as a crunchy meat or casserole topping, whole-grain cereal in yogurt parfaits – the possibilities are endless!
- **Try new grains** – Experiment with some new grains that your family may be unfamiliar with...you may find a new family favorite. I recommend Barley, Quinoa, and Whole-Wheat Couscous!

Got a Question for me?

Do I really have to count calories to lose weight? Why is resistance training so important? Can not getting enough sleep really make me gain weight?

Do you have a health or fitness question you've been wondering about? Email me at duesterhausmm@usmc-mccs.org and I will include your question in next month's newsletter!



HEALTHY HAPPENINGS: March Health and Fitness Events

March is **Nutrition Awareness Month!** We have lots of fun events planned to help you adopt a healthier diet!

EAT THIS NOT THAT – To celebrate Nutrition Awareness Month, MCCS Health Promotions will offer 7 events throughout the month focused around the popular Men's Health book: **EAT THIS NOT THAT!** Collect a green clover at each event you attend through the month. Have 4 clovers by month's end, and you'll receive your own copy of the book! Sign-ups are required for some events! Call Megan at Health Promotions (524-8913) to sign up or learn more.

Eat This Not That! Events

- **Healthy Cooking Class (3/10)**
- **Fueling for Performance (3/11)**
- **St. Patrick's Day Run (3/13)**
- **Eat Your Greens Day (3/17)**
- **Healthy Happy Hour (3/24)**
- **Commissary Tour (3/26)**
- **Lunch Seminar: Eating Out (3/30)**



HEALTHY COOKING CLASS – March 10 @ 1700-1900 – Bay View – Turn tonight's dinner into tomorrow's lunch! Come join Megan and Giovanna from Health Promotions and Fitness for our FREE Healthy Cooking Class. Learn how to use **THIS** and **NOT THAT** to make your favorite dishes nutritional winners. Recipes and free gifts for participants. Space is limited; to sign-up, call Megan at 619.524-8913.

FUELING FOR PERFORMANCE – March 11 @ 1100-1200 – Recreation Center Lounge – Do you know how to fuel your body for a race or your next PFT? Join Megan from Health Promotions to learn some invaluable advice on how best to prep your body for optimum race performance! Sample snacks and beverages to try! No sign-ups required; call Megan at 619.524-8913 for more information.

HEALTHY HAPPY HOUR – March 24th @ 1600 – Locker Room – Don't let your weekly wind-down be your biggest diet downfall! Join Megan from Health Promotions for a Healthy Happy Hour to learn how to enjoy your favorite weekend snacks and spirits without ruining your diet! No sign-ups required; call Megan at 619.524-8913 for more information.

COMMISSARY TOUR – March 26 @ 0900 – Miramar Commissary – Whole Grains! Low-Fat! Fat-Free! No Sugar Added! Only 100 Calories! – Confused about which healthy foods should be in your grocery cart? Join Megan and Julie from Health Promotions for an early morning tour of the Miramar Commissary – learn how to fill your cart with the healthiest foods for your whole family. Sign-ups required, space is limited. Call (619) 524-8913 for questions or to sign-up.

LUNCH SEMINAR: EATING OUT – March 30 @ 1130-1230 – Recreation Center – Enjoy eating out but don't want to sabotage your healthy eating habits? Come enjoy a catered lunch as Health Promotion's Megan Duesterhaus shares invaluable tips for navigating your way through: the food court, the drive through, the fancy restaurant, the coffee shop, and the juice bar. Reservation required – Call 619-524-8913 to sign up!

Resources

There is a wealth of information on the internet, some good and some bad! Here are some reliable web sites to help you with your journey toward health!

Keep track of your food and exercise online:

www.fitday.com
www.sparkpeople.com
www.thebestlife.com
www.mypyramidtracker.com

Determine how many calories are in what you're eating:

www.calorieking.com
www.thecaloriecounter.com
www.nutritiondata.com

Health Calculators:

www.healthstatus.com/cgi-bin/calc/reload.pl
www.internetfitness.com/calculators/calburncalc.htm

Healthy cooking/living:

www.mayoclinic.com/health/healthy-recipes
www.foodfit.com
www.foodnetwork.com/food/lf_health
www.foodandfamily.com
www.whfoods.org
www.deliciousdecision.org

Workout Mixes/Videos/DVDs:

www.djsteveboy.com/mixes.html
www.podfitness.com
www.itrain.com
www.videofitness.com

For the Family:

www.kidshealth.org
www.healthywomen.org
www.girlshealth.gov
www.shapeupamerica.org

Other sites for info, motivation, and support:

www.crossfit.com
www.hungrygirl.com
www.nbc.com/The_Biggest_Loser



WHAT'S COOKING?

Pumpkin Spice Muffins

You're going to think I'm nuts when you read this recipe! I was skeptical myself, but I had to try them. They are VERY tasty and super easy. For breakfast, for a snack, or after dinner, these muffins are a tasty treat! Try putting some Fat Free Cool Whip on one - mmmm, tastes like pumpkin pie - no kidding!

Ingredients

1 package Spice Cake mix
1 15 oz. can Pumpkin (real pumpkin...not pumpkin filling)

Directions

1. Mix the cake mix with one can pumpkin until thoroughly blended.
2. Don't add any other ingredients (trust me). The mixture will be thick but tasty!
3. Pour into muffin tins lined with muffin papers. (Makes 24 muffins)
4. Bake at 350 degrees for 20 minutes or until a knife inserted in comes out clean.
5. Let cool and enjoy!

Nutritional Information for 1 muffin: 2 points (Weight Watchers); 91 calories; 1.5 gms fat.

