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Friday FACTS

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"Leadership, Partnership, and Championship"



Fruits and Vegetables: Both Are Important

Question: *Since I don't like many vegetables, can I eat five fruits a day instead to get the nutrients I need?*

Answer: Eating plenty of fruit is certainly better than skipping the produce department, and it's true that many of the nutrients in vegetables can also be found in fruit. To get a broad array of these nutrients, including fiber, vitamins, minerals and disease-fighting phytochemicals, eating a wide variety of fruit is crucial. But even doing this will not completely compensate for a lack of vegetables. For example, the phytochemicals found in cruciferous vegetables like broccoli and cauliflower are not found in meaningful amounts in any fruit (as best we know today). These substances are powerful cancer-fighters that influence hormones and affect activation and detoxification of carcinogens. If your preference for fruit means that your taste buds are sensitive to the sharp, somewhat bitter flavor of some vegetables, try adding a little olive oil or seasonings that could smooth out their "bite." The sweet flavors in cranberry-orange sauce and Chinese hoisin sauce, or the rich flavor of grated cheese, salad dressings, or marinades may be enough to turn you into a vegetable lover. And don't limit yourself to five servings of vegetables and fruits a day. Five is the minimum for good health, but more than that provides better protection against chronic health problems like heart disease, diabetes and cancer.

Source: *Nutrition Wise* by Karen Collins, MS, RD, CDN, American Institute for Cancer Research, www.aicr.org, (800) 843-8114.

e-Texts. Online textbooks for Epidemiology, Biostatistics, and/or Evidence Based Medicine

The British Medical Journal has some brief and best selling textbooks available free for viewing on the Web. "*Epidemiology for the Uninitiated*", 4th Edition is an online version of the 80 page primer for epidemiology (<http://bmj.com/epidem/epid.html>). An online companion biostatistics e-text, "*Statistics at Square One*," is available (<http://bmj.com/collections/statsbk/index.shtml>). A reference for reading scientific papers, "*How to read a paper: The basics of evidence based medicine*" is available (<http://bmj.com/collections/read.shtml>). These e-Texts would be excellent introductions to epidemiology, biostatistics, and / or evidence based medicine for medical department staff interested in these topics or whose roles involve population health, health promotion, clinical preventive services, or preventive medicine.

NEHC Command Excellence in Health Promotion Awards Submissions

NEHC Command Excellence in Health Promotion Awards Submissions are currently being reviewed. All commands that submitted an award package should have received an E-mail acknowledgement from Sally Vickers, notifying the Point of Contact listed on the award Cover Page of receipt of the award package. If you or your command submitted an award package and have not received an E-mail acknowledgement of receipt, please contact Sally Vickers at vickerss@nehc.med.navy.mil



"All men who have achieved great things have been great dreamers." -Orison Swett Marden