

FORGING THE FUTURE:



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Friday FACTS

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"Leadership, Partnership, and Championship"

Eat your 5 to 9 and feel fine.

In July, the General Accounting Office published the recent statistics on fruit and vegetable intake. The 67 page document also gives recommended servings to both children and adults, the percentages of fruits and vegetables consumed and federally funded programs related to increasing intakes of fruits and vegetables among Americans. This document can be downloaded from the 5 A Day section of the NEHC nutrition website at <http://www-nehc.med.navy.mil> A copy can be obtained from the GAO's Document Distribution Center at 202-512-6000 or visit: <http://www.gao.gov/new.items/d02657.pdf>

Military Family Month

November has been designated as military family Month by President Bush! The Armed Forces YMCA has developed a program to support this awareness campaign and also offers other forms of support...
<http://www.asymca.org>



Nutrition Spotlight:

Trans Fat-free Fast Food Coming Soon!

When it comes to being health conscious, McDonald's and Frito-Lay aren't exactly trailblazers, but both companies took a huge leap forward this Fall by announcing they were switching cooking oils to reduce and even eliminate trans fat in many popular foods. Diets high in trans fat have been linked to elevated levels of cholesterol and an increased risk of heart disease.

McDonald's will begin cooking its fries and other fried foods in a new oil that reduces trans fatty acids by 48 percent and saturated fat by 16%. Frito-Lay will eliminate all trans fat from three of its most popular brands of chips: Doritos, Cheetos and Tostitos. Calorie and overall fat totals, however, will largely remain the same.



Many believe McDonald's and Frito-Lay will be just the first of many companies to make the switch following the Food and Drug Administration's proposal to require warning labels on food containing trans fats.

ACE Fitness Matters, November/December 2002

Harvesting a Healthy Thanksgiving

The holidays are undoubtedly a festive time filled with family and friends. But they can also take a toll on your health — fatty, salty and high-calorie foods are everywhere, preparing so much for so many in so little time can be stressful, and moving on without a loved one may bring about unbearable sadness. Check out the following website: <http://www.mayoclinic.com/findinformation/healthylivingcenter/invoke.cfm?objectid=9794F2C3-4551-4A41-A7290FOAD9B22AE5> for articles and recipes that will help you maneuver the obstacles to keep your holiday season happy and healthy.



While we try to teach our children all about life, our children teach us what life is about." --- Angela Schwindt