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11 July 2003

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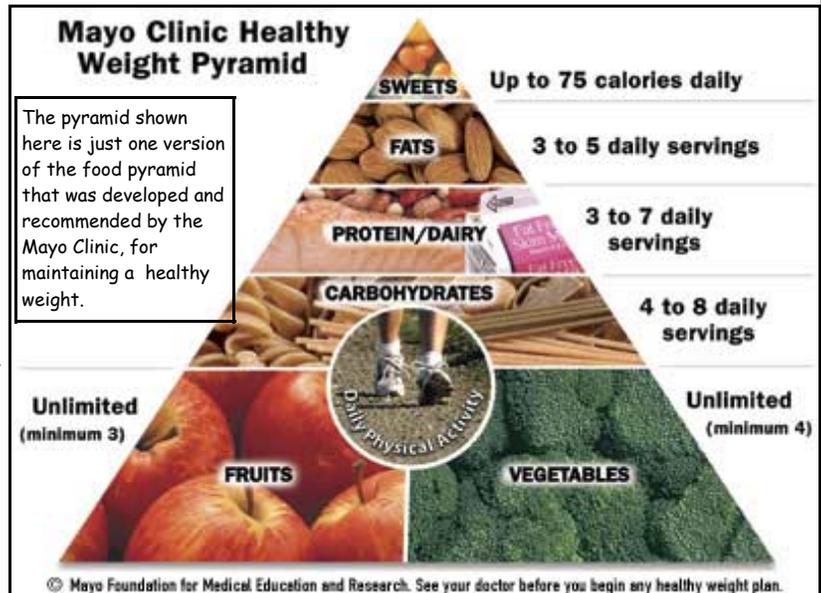
FOOD PYRAMID: The shape of a healthy diet

Perhaps you've noticed that the days of the four basic food groups — dairy, meat, vegetables and fruit — are long gone. Today, healthy eating plans encompass a far wider range of options: legumes, whole grains, seeds and nuts, fish, and even plant oils, such as olive oil. Add in ethnic, religious, cultural and personal preferences, and you have more options than ever when planning healthy meals and snacks.

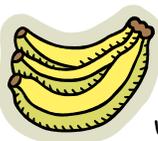
A healthy eating plan can be illustrated many ways, but they're most often found in the shape of a pyramid. These pyramids outline various food groups and food choices that, if eaten in the right quantities, form the foundation of a healthy diet.

The pyramid plan

Although there really isn't one perfect diet for everyone, some general principles for choosing foods apply to most people. These principles are often represented in a food pyramid. The triangular shape of the pyramid shows you where to focus when selecting foods. Foods that you should eat the most of create the large base of the pyramid, and those foods you should eat sparingly form the smaller tip. For additional information visit the MayoClinic.com at <http://www.mayoclinic.com/invoke.cfm?objectid=357FAABB-312F-414A-A8D6401C15EE66B4>



Eat Lots of Fruits and Vegetables



Your mother was right when she told you to eat your fruits and vegetables. Scientists are finding new evidence that supports her advice.

The results of a Finnish study suggest that the risk of some chronic diseases may be lower for people who eat more flavonoid-rich fruits and vegetables.

Finnish researchers recorded the types of food that a random sample of 10,054 men and women consumed in 1967. In a 28-year follow up, they then correlated those food choices with participants' health status in 1994. Finally, they analyzed the association between consumption of various flavonoids and the rate of chronic disease. Study participants with the best health in 1994 had consumed the following flavonoid-rich foods: onions, white cabbages, apples, oranges, berries, and grapefruits. Those who ate more apples and onions had a lower ischemic heart disease mortality rate. Those who ate the most apples also had lower rates of asthma, type 2 diabetes, thrombotic stroke, and lung cancer.

Consumers of the most flavonoids had the lowest death rates. Quercetin is a flavonoid that is found in large quantities in apples and onions. Women who consumed higher amounts of quercetin had lower rates of breast cancer. Eat lots of fruits and vegetables to maintain good health.

Source: Knet, P. et al., "Flavonoid Intake and the Risk of Chronic Disease," *American Journal of Clinical Nutrition*, 2002 Sept; 76(3): 560-568. Summary by Lenore Hitchler.



"You shall know the truth, and the truth shall make you mad." - Aldous Huxley