

# FORGING THE FUTURE:



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## Friday FACTS

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8 August 2003

"Leadership, Partnership, and Championship"

### SEPTEMBER 21-27—5 to 9 A DAY FOR BETTER HEALTH WEEK

#### Men Shoot for 9

Men need to eat more fruits and vegetables, but they're eating less than women and lagging behind women in several other significant ways as well. Men often aren't aware of the health benefits of fruits and vegetables and have higher rates of diet-related diseases.



#### Why Fruits and Vegetables Are Important for Your Health

Fruits and vegetables provided vitamins, minerals and fiber that your body needs. They are also packed with disease-fighting phytochemicals—natural substances that work as a team with vitamins and minerals to protect your health. Here are several examples of phytochemicals found in fruits and vegetables:

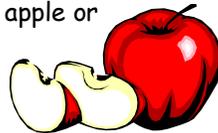
- Carotenoids in red and yellow-orange fruits and vegetables (such as tomatoes, sweet potatoes, carrots)
- Lycopene in tomato-based foods (such as tomato sauce, tomato paste)
- Lutein and zeaxanthin in leafy greens (such as spinach, romaine lettuce)
- Flavanoids in brightly colored fruits and vegetables (such as blueberries, cherries, strawberries)

Fruits and vegetables are low in calories and fat and an integral part of a low-fat diet to maintain a healthy weight.

Research has shown that a diet high in fruits and vegetables reduce the risk for cancer, high blood pressure, stroke, heart disease, and diabetes.

#### Tips for Adding More Fruits and Vegetables to Your Diet:

1. Have a glass of 100% juice in the morning.
2. Snack on fresh fruit throughout the day. Grab an apple or banana on your way out the door.
3. Eat a big salad for dinner.
4. Snack on raw veggies.
5. Keep trail mix made with dried fruit on hand for a quick snack.
6. Enjoy your favorite beans and peas. Add them to salads.
7. Add fresh or frozen veggies to your favorite pasta sauce or rice dish.
8. Eat at least two vegetables with dinner.
9. Eat fruit for dessert.



Remember, for better health, eat a variety of colorful fruits and veggies every day.

Source: National Cancer Institute "5 to 9 A Day Program,"

<http://5aday.gov>.

### President's Council of Physical Fitness and Sports Launches New Interactive Web Site

*Bureau of Medicine and Surgery Public Affairs*

WASHINGTON - The President's Council on Physical Fitness and Sports, launched <http://www.presidentschallenge.org>, a new interactive Web site to help all Americans build a regular physical activity routine.

The new Web site is a motivational tool to help all Americans become active and fit. Here's how the new Web site works: Log on to the site and select an age category - Kids, Teens, Adults or Seniors - and register as an individual or part of a group. Choose from over 100 physical activities listed and start tracking daily efforts in a private log.

Everyone can work toward a Presidential Active Lifestyle Award by participating in regular physical activity five days a week for six weeks. Adults should be active for at least 30 minutes a day and children for at least 60 minutes a day.

Americans who are already physically active can earn the new Presidential Champions award online. Points are earned by logging in each activity. Participants can work toward a Bronze, Silver or Gold award.

The Web site was created to urge Americans to make modest changes in their behavior and stresses the importance of receiving preventive health care. Scientific research has shown physical inactivity contributes to obesity, one of the most serious chronic health conditions threatening the nation today. The problem of overweight or obese Americans cost an estimated \$117 billion in 2000 and accounts for at least 14 percent, or 300,000 deaths in the United States each year.

You're it.  
Get fit!



"Between yesterday's regrets and tomorrow's dreams is today's opportunity." - Anonymous.