# FORGING THE FUTURE:

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http://www-nehc.med.navy.mil/hp/ff/hpfrifax.htm

# Friday FACTS

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26 September 2003 "Leadership, Partnership, and Championship"


## RAW VS COOKED VEGGIES - Which Are Better?

Most of us have grown up thinking raw veggies are healthier for us. However, new research has revealed exceptions to this long-held belief.

Recent studies show that the antioxidants (disease-fighting phytochemicals) in red, orange, and yellow fruits and vegetables are better absorbed by the body from many cooked rather than raw foods, reports Melanie Polk, MMSc, RD, FADA, a nutritionist with the American Institute for Cancer Research (AICR).

The phytochemical lycopene is more readily available in heated tomato products such as ketchup and tomato sauces. The level of the phytochemical beta-carotene found in carrots increases with cooking. Polk notes, however, that cooking reduces the level of folate and vitamin C in fruits and veggies.

For better health and to help prevent cancer, AICR recommends eating a variety of plant-based foods both raw and cooked.

Source: AICR Spring 2003 *Newsletter on Diet, Nutrition, and Cancer Prevention.*

## DISASTER STRESS

Hurricanes, tornados, earthquakes, floods and disasters are a frequent and common aspect of daily life... Most adults who go through and are exposed to some type of disaster, whether natural or man made, cope fairly well. The vast majority may experience some type of temporary or transitory symptoms and are able to bounce back without much difficulty.

Planning for and preparing for changes, and knowing that with self care, support and time that you and your family will be okay seem to be keys for effective coping. Resources and links for Disaster and coping may be found at http://www.ag.uiuc.edu/~disaster/after.html and http://www.usuhs.mil/psy/disasteresources.html and http://www.persnet.navy.mil/pers66/Resources%20Crisis.htm Managing stress resources are available on the NEHC Health Promotion Stress Management Home Page http://www-nehc.med.navy.mil/hp/stress

**"A man's true wealth is the good he does in the world." - Mohammed**

## NATIONAL COLLEGIATE ALCOHOL AWARENESS WEEK – OCTOBER 19-25

Keeping You and Your Friends Safe—

Drinking and Driving Always a Dangerous Mix

Drinking alcohol can reduce a person's peripheral vision by up to 30%. It also impairs hand-eye coordination, muscle control, ability to concentrate on the multiple tasks required to drive, and judgment. This mix makes driving after drinking a recipe for disaster. That is why it is important that people:

- Make the commitment not to drink and drive.
- Plan a safe ride home before going out.
- Take turns being a designated driver.
- Always wear your seatbelt.
- Never ride with a driver that has been drinking.

Source: "For the Record…National Collegiate Alcohol Awareness Week," BACCHUS and GAMMA Peer Education Network, http://www.bacchusgamma.org.