

# Health Promotion & Wellness

19 February 2016

Are You Ready For  
National Nutrition Month®?  
More info on page 4

Help Us Celebrate  
**YOUR SUCCESSES.**  
Submit a Story.  
More info on page 9!

Attention Diabetes  
Health Educators!  
Join the Diabetes Resource  
Collaboration Hub Today!  
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Photo by Cpl. Akeel Austin



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# HPW Health Observance

## “Savor the Flavor of Eating Right” During March’s Healthy Eating Month



March is National Nutrition Month®, an annual public education campaign created and sponsored by the Academy of Nutrition and Dietetics. This year’s theme is “Savor the Flavor of Eating Right,” encouraging the public to enjoy food for its flavor, and take pleasure in food traditions and social experiences that involve food as a central component.

Healthy eating includes not only what we eat but also being mindful of how, when, and why we eat. <sup>1</sup> The topic of healthy eating is important to the lives of Sailors and Marines; according to the 2014 Fleet and Marine Corps Health Risk Assessment, 43 percent of active duty Sailor respondents and 44 percent of active duty Marine respondents indicated they did not eat at least two servings of fruit per day.<sup>2</sup> Additionally, 36 percent of Sailor respondents and 68 percent of Marine respondents stated they were not eating at least two servings of vegetables per day.<sup>2</sup> Sailor and Marine respondents also indicated having a diet high in fatty foods – 39 and 38 percent respectively.<sup>2</sup>



**Food First. Supplement Second.** Reasons Dietary Supplements Shouldn't Be Your First Choice for Health and Wellness

**DIETARY SUPPLEMENTS ARE:**

- ARE Consumable products, such as liquids or tablets that contain a dietary ingredient (vitamins, minerals, herbs/botanicals, amino acids, enzymes, metabolites) intended to supplement the diet.
- ARE NOT Replacements for healthy eating and physical training.
- ARE NOT Treatment for a medical condition or a cure for an illness.

**DID YOU KNOW?** Dietary supplements are a **HUGE** industry in the U.S. Americans spend approximately **\$36.7 BILLION** per year on **SUPPLEMENTS**.

**Wondering WHY People Spend So Much On Supplements?** They believe supplements may help them achieve a certain result.

**Are you thinking about taking supplements? Follow the three steps below first.**

**1. Choose Food Over Supplements.** The Food and Drug Administration (FDA) DOES NOT STRICTLY REGULATE dietary supplements. Products may not always do what they claim to do or may be unsafe. Supplements are often unnecessary because the same components can be found naturally in foods to help you achieve the results you desire.

BCAA (Branched-Chain Amino Acids)	Quercetin	Omega-3 Fatty Acids	Creatine	Whey
<ul style="list-style-type: none"> <li>Enhance exercise performance</li> <li>Prevent fatigue</li> <li>Reduce muscle breakdown</li> <li>Improve recovery</li> </ul>	<ul style="list-style-type: none"> <li>Act as an antioxidant and anti-inflammatory</li> <li>Prevent cancer</li> <li>Improve heart health</li> </ul>	<ul style="list-style-type: none"> <li>Improve heart health</li> <li>May reduce the risk of some cancers, depression, and neurological disorders</li> </ul>	<ul style="list-style-type: none"> <li>Enhance muscle building and increase "bulk"</li> </ul>	<ul style="list-style-type: none"> <li>Decrease muscle break down (high in BCAA)</li> </ul>
<ul style="list-style-type: none"> <li>Cottage cheese, fish/seafood, meat/poultry, nut/breads, dry whole lentils</li> </ul>	<ul style="list-style-type: none"> <li>Berries, apples, onions, broccoli, kale, red wine, tea</li> </ul>	<ul style="list-style-type: none"> <li>Salmon, herring, mackerel, walnuts, canola, olive, flaxseed, and soybean oils</li> </ul>	<ul style="list-style-type: none"> <li>Lean meat, poultry, fish</li> </ul>	<ul style="list-style-type: none"> <li>Skim milk, cottage cheese, ricotta cheese, yogurt</li> </ul>

For more information on nutrition and how to eat to achieve optimal performance, check our [Performance Nutrition 101](#).

**2. Talk to Your Health Care Provider.** Always speak with a health care provider before taking a new supplement. Be prepared to talk about the following:

- Existing conditions and medical history
- Potential medication interactions
- Dosing recommendations
- Possible safety concerns
- Food and exercise alternatives

**3. BUY SMART.** Product claims may not always be 100% truthful. Do your research and seek information from trustworthy sources before you buy.

**Read the label.** Make sure the package has a label and includes required information.

**Watch for false or misleading claims.** Labels like "natural" or "herbal" don't mean the supplement is safe or works.

**Know the risks.** There is no guarantee of quality, purity, safety, or effectiveness. **Operation Supplement Safety (OSSS)** High-Dose Supplement List provides a list of high-dose supplements to avoid.

**Choose wisely.** Look for products with third-party verification programs, such as:

- United States Pharmacopoeia (USP) Verified
- NSF International
- Informed-Choice
- Blinded Substances Control Group
- ConsumerLab.com

**Be informed.** Just because a product is sold on a military installation does not mean it is DoD-approved supplement. Check with your chain of command to determine if there is a local-level policy that impacts you and reference the following resources for more information about health, safety, and efficacy concerns:

- The Navy and Marine Corps Public Health Center (NMCPHC) Health Extras Web Page
- NMCPHC Low Salt and Dietary Supplement? Fact Sheet
- NMCPHC Low Healthy Diet Supplement? Fact Sheet
- Operation Supplement Safety
- National Performance Research Center (NPORC) Dietary Supplements Classification System
- The Natural Medicines Comprehensive Database
- National Institutes of Health (NIH) Office of Dietary Supplements Fact Sheets

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During National Nutrition Month® help your Sailors, Marines, beneficiaries, and DoD civilian personnel “Savor the Flavor of Eating Right,” by sharing resources that teach them about nutrition and show them how to develop healthier eating habits that will contribute to their overall wellness, physical fitness, and mission readiness. Visit the [March Toolbox!](#)

## Tools and Resources to Share

### [Diets are Out: Eating Patterns Are In](#)

DiETING is not always healthy or sustainable. This fact sheet focuses on healthy eating patterns and outlines key takeaways from the newly released 2015-2020 Dietary Guidelines for Americans.

### [Food First, Supplement Second](#)

This infographic highlights the truth about dietary supplements including which foods you can eat instead, why you should talk to your doctor before taking supplements, and smart supplement purchasing tips.

### [Mastering Flavorful Cooking](#)

This graphical fact sheet explains how to use healthy cooking techniques, such as grilling, to prepare flavorful and delicious meals that are nutritious.

<sup>1</sup> National Nutrition Month®. Eat Right. Academy of Nutrition and Dietetics. <http://www.nationalnutritionmonth.org/>. Accessed January 2016.

<sup>2</sup> Navy and Marine Corps Public Health Center EpiData Center Department. Fleet and Marine Corps Health Risk Assessment 2014. <http://www.med.navy.mil/sites/nmcpHC/Documents/health-promotion-wellness/general-tools-and-programs/HRA-2014-report-final.pdf>. Published 2015. Accessed January 2016.



# Health Promotion News and Resources

## DRCH Provides Diabetes Education Resources Across the MHS

Diabetes educators have a hectic day filled with teaching patients, developing resources and keeping current on diabetes research. The Navy and Marine Corps Public Health Center (NMCPHC) has developed the [Diabetes Resource and Collaboration Hub](#) (DRCH) to provide busy educators with an evidence-based, standardized approach to Diabetes Self-Management Education (DSME) in the Military Health System (MHS). According to the Centers for Disease Control and Prevention (CDC), 29.1 million Americans have diabetes. An additional 86 million are estimated to have prediabetes, therefore, it is crucial that the MHS provides patients with current and quality DSME and health care. Research supports that patients who work with a diabetes educator have improved both blood A1c levels and blood glucose levels over a two to three month time frame, are more likely to seek preventive care, and reduce their likelihood of diabetes related complications. With the cost to the MHS expected to reach \$1.7 billion in 2017 for the care associated with diabetes, there is a growing need for quality DSME resources.

The DRCH is a free, online community located in milSuite that promotes collaboration and resource sharing, connects

diabetes educators to existing resources, and facilitates communication among NMCPHC, diabetes educators, and others across the MHS. DSME resources are divided into 16 categories to include Curriculum, Introduction to Diabetes, and Program Management. Members are encouraged to download and use the resources, and share their self-developed resources and [success stories](#).

In addition to the resources provided, continuing medical and nursing education (CME/CNE) credited events are posted on the milBook group page. The next [CME/CNE opportunity](#) is the Air Force Diabetes Centers of Excellence (AF DCOE) biannual Diabetes Champion Course offered live or by webinar 6-8 April 2016. This 18.25 CME and CNE opportunity is designed for those interested in learning more on how to implement, monitor, and evaluate the effectiveness of the Diabetes Clinical Practice Guidelines.

\*Please note milSuite requires a Common Access Card for an account and access to the DRCH.



- 1 Centers for Disease Control and Prevention. A Snapshot: Diabetes in the United States. <http://www.cdc.gov/diabetes/pubs/statsreport14/diabetes-infographic.pdf>. Accessed 01 February 2016.
- 2 Norris S, Schmid C, Lau J, et al. Self-Management Education for Adults with Type 2 Diabetes: a meta-analysis of the effect on glycemic control. *Diabetes Care*. 2002;25(7):1159-1171. <http://care.diabetesjournals.org/content/25/7/1159.short>. Accessed 01 February 2016.
- 3 Adepoj O, Bolin J, Phillips C, et al. Effects of Diabetes Self-management Programs on Time-to-Hospitalization Among Patients with Type 2 Diabetes: A Survival Analysis Model. *Patient Education and Counseling*. 2014;95(1):111-117. [www.ncbi.nlm.nih.gov/pubmed/24468198](http://www.ncbi.nlm.nih.gov/pubmed/24468198). Accessed February 2016.
- 4 Kloc M. Populations and Health Care Systems Performance, BUMED Webinar Series, High Health Care Utilization [PowerPoint slides], Slide 40. Published December 2014.

## The 2015-2020 Dietary Guidelines for Americans Support Healthy Food Choices and Overall Well-being

The U.S. Department of Health and Human Services and the U.S. Department of Agriculture released their 2015-2020 Dietary Guidelines<sup>1</sup>, providing food, nutrition, and health-related policies for use by health promotion staff and health information disseminators. The new Dietary Guidelines focuses on healthy eating patterns as a lifelong approach to wellness and weight management instead of dieting. The following five new guidelines and supporting recommendations can help you educate others on healthy food choices and enhancing overall well-being.

1. Follow a healthy eating pattern across the lifespan – be aware of eating patterns and make adjustments that best meet personal, cultural, traditional, and financial needs.
2. Focus on variety, nutrient density, and amount – strive to eat a variety of nutrient-dense foods which are



loaded with essential vitamins and minerals, and dietary fiber. Always consult a health care provider before taking a dietary supplement.

3. Limit calories from added sugars and saturated fats, and reduce sodium intake – eat fewer sweets, processed foods, and salty snacks as part of a healthy eating pattern.
4. Shift to healthier food and beverage choices – follow an eating pattern that includes nutrient-dense snacks, whole fruit, whole grains, unsalted snacks, oil, and no sugar-added beverages.
5. Support healthy eating patterns for all – surround yourself with family, fellow service members, and friends who encourage you to make healthy lifestyle choices every day. Create supportive environments at home and work.

In addition to the main guidelines, the 2015 Dietary Guidelines offers guidance on the following:

- Trans fats – avoid trans fats as much as possible by limiting use of margarine and spreads, as well as pre-packaged foods such as cookies, cakes, and frozen pizza.
- Alcohol – drink in moderation and account for calories from alcohol in a healthy eating pattern. That means up to one drink per day for women and up to two drinks per day for men.
- Cholesterol – include approximately 100 to 300 mg of dietary cholesterol per day.
- Physical activity – engage in the recommended amount based on [Physical Activity Guidelines for Americans](#)<sup>2</sup>.

For more information on the [Dietary Guidelines](#), check out [NMCPHC HPW's fact sheet: Diets Are Out, Eating Patterns Are In](#), and talk with your local registered dietitian or medical staff.

1 U.S. Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans 2015-2020. 8th Edition. <http://health.gov/dietaryguidelines/2015/guidelines/>. Published January 2016. Accessed February 2016.

2 U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. <http://www.health.gov/paguidelines/pdf/paguide.pdf>. Published October 2008. Accessed February 2016.

## Million Hearts® - Preventing One Million Heart Attacks and Strokes



The Centers for Disease Control and Prevention (CDC) estimates that more than 200,000 deaths from heart disease and stroke could be prevented each year<sup>1</sup>.

Started in 2012, The Department of Health and Human Services' Million Hearts® initiative, rallies communities, health care professionals, health systems, nonprofit organizations, federal agencies, and private-sector organizations around a common goal: preventing one million heart attacks and strokes by 2017.

To support the Million Hearts® initiative, health promotion staff can help patients quit tobacco, educate them on sodium intake and the importance of a healthy diet that does not include trans fats. Since 2012, Million Hearts® has garnered the support of many organizations, including more than 100 partners, such as the Navy and Marine Corps Public Health Center. For more information about the Million Hearts® initiative, including [tools and resources](#), you can visit their [Facebook](#) page, [Twitter](#) account, and official [website](#).

1 Preventable Deaths from Heart Disease. Vital Signs. Centers for Disease Control and Prevention. <http://www.cdc.gov/vitalsigns/heartdisease-stroke/> Updated September 2013. Accessed February 2016.

## Million Hearts® Digital and Social Media Tools

The Million Hearts® campaign is focused on preventing heart attacks and taking steps to improve heart health in communities across the country. You can support this initiative by sharing the following posts on your social media channels. More details about American Heart Month 2016 can be found at <http://millionhearts.hhs.gov/heartmonth>.

Follow Million Hearts® on Facebook and Twitter!



During February, you can follow or be part of the ongoing conversation by searching or using the hashtag #HeartMonth on social media channels.

### Sample Tweets

- A heart-healthy lifestyle matters. Find out how to care for your heart during #HeartMonth from @MillionHeartsUS: <http://1.usa.gov/1On4M12>
- Healthy eating is an important part of living #hearthealthy. For recipe ideas, visit: <http://ow.ly/Y7Ewy> #HeartMonth @MillionHeartsUS
- Take time this #HeartMonth to check your #bloodpressure. Then, talk to your doc about the results: <http://1.usa.gov/1JWWXN8> @MillionHeartsUS

### Sample Facebook Posts

- A heart-healthy lifestyle matters. During #HeartMonth this February, find out how to care for your heart from Million Hearts: <http://1.usa.gov/1On4M12>
- Healthy eating is an important part of living heart healthy. For healthy recipe ideas, visit the Million Hearts Healthy Eating & Lifestyle Resource Center: <http://ow.ly/Y7EN5> #HeartMonth
- Take time this #HeartMonth to check your blood pressure. Then, talk to your doctor about the results. <http://1.usa.gov/1JWWXN8>

## Culinary Specialists Learn to “Go for Green”



By Tom Kreidel, NAVSUP FLC Norfolk  
Office of Corporate Communication

NORFOLK (NNS) -- Food service officers and culinary specialists (CS) took part in training 26-28 January, in the Navy's

Go for Green (G4G) program at Naval Supply Systems Command (NAVSUP) Fleet Logistics Center (FLC) Norfolk, Naval Air Station Oceana and onboard USS Jason Dunham (DDG 109).

According to Jenn Person-Whippo, NAVSUP dietician, the nutrition awareness program training was piloted at Oceana's Hornet's Nest Galley and John Dunham's galley.

In addition, Navy Food Management Teams from each of the eight FLCs across NAVSUP Global Logistics Support (GLS) were given instruction on how to train CSs across the fleet.

“We wanted to conduct training with all of our trainers here at once, so we are all on the same sheet of music as they conduct training on the waterfront,” said Person-Whippo.

G4G is a food identification system designed to help service members identify healthy food and beverage choices while dining in military galleys. The color codes are green for eat often, yellow for eat occasionally, and red for eat rarely, along with a salt shaker graphic to measure sodium

content, help service members choose foods and beverages that boost their performance, readiness, and health.

“We took the guess work out of it, to make it easier for Sailors to have a guide to making healthier choices,” she added. According to NAVSUP Navy Food Service Director Cmdr. Bert Hornyak, the feedback from the training has been positive. “We're taking a holistic approach, which incorporates the nutritional and fitness goals for our Sailors,” Hornyak explained. “Go for Green allows our Sailors to make a more informed choice when it comes to the food they eat.”

Person-Whippo added, “we were able to show them that the Go for Green program is both easy to use and easy to implement in shipboard and ashore galleys.”

G4G training will take place for Sailors operating afloat and ashore galleys over the next several months.

“This class gives Navy Food Management Teams the necessary instructional tools required and training methods needed to train the fleet about Go for Green,” said NAVSUP FLC Norfolk Food Management Team Lead Chief Warrant Officer 5 Todd Grunlien. “This will help us share the secretary of the Navy's vision for this important program.”

For more information on [Go for Green](#).



## Let's Get Crewsin'! Register your team today! Starts 6 March!

"The Crews Into Shape challenge continues NMCPHC's ongoing commitment to provide programs that support lifelong healthy behaviors and lifestyles," said Diana Settles, the Director of the 2016 Crews Into Shape at NMCPHC. "Through this challenge, our goal is to provide a fun, free, and team-oriented activity that helps promote and guide improved physical activity and healthy eating habits."



### What is the Crews Into Shape Challenge?

The Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department will hold its 16th Annual Crews Into Shape Challenge in March 2016 in conjunction with National Nutrition Month® and Navy Nutrition Month. Crews Into Shape is a four-week challenge that uses a team approach to promote wellness, combining the support of colleagues and family members to help participants work toward a healthier lifestyle. Each crew member earns points for exercising, maintaining or achieving a goal weight, eating fruits and vegetables, and engaging in other healthy activities. The challenge is open to all Active Duty and Reserve service members in the Navy, Marine Corps, Army, Air Force, and Coast Guard, and is also open to DoD family members and civilians.

### When Do I Register?

Register by 5 March 2016 and the challenge will take place 6 March – 2 April 2016.

### How Do I Register?

Visit the [Crews Into Shape Quick Start Checklist for Crew Leaders](#) web page

Option 1: Create your Crew using the Crews Into Shape web-tool (CaC card needed by the Crew Leader and all crew members)

Option 2: Complete the top portion of your Crew Worksheet and email it to: [usn.hampton-roads.navmcpubhlthcenpors.list.nmcphe-crewsintoshape@mail.mil](mailto:usn.hampton-roads.navmcpubhlthcenpors.list.nmcphe-crewsintoshape@mail.mil)

Visit the official [Crews Into Shape website](#) for registration details and resources supporting this year's challenge.

Contact the [Crews Director](#)

## Training and Events

Our education and training programs equip Navy and Marine Corps command personnel with the tools, education and programmatic materials required to deliver best-practice programs and interventions at the local command level. A complete list of all [HPW Training](#) for FY16 can be viewed at [HPW Training schedule](#).

For further information and/or to request a Quota Request Form to attend any of this training, send an E-mail to: [usn.hampton-roads.navmcpubhlthcenpors.list.nmcphe-hpw-training@mail.mil](mailto:usn.hampton-roads.navmcpubhlthcenpors.list.nmcphe-hpw-training@mail.mil).

### Upcoming Training FY16



- **HPW Training:** 7-11 March at NEPMU2, Norfolk, VA
- **Tobacco Cessation Facilitator:** 17 May at Naval Dental Clinic, Norfolk, VA
- **Tobacco Cessation Facilitator:** 12 July at Naval Dental Clinic, Norfolk, VA
- **HPW Training:** 25-29 July at NEPMU5, San Diego, CA
- **HP at the Deckplates:** 8-12 August at NEPMU2, Norfolk, VA
- **Tobacco Cessation Facilitator:** 13 September at Naval Dental Clinic, Norfolk, VA
- **Tobacco Cessation Facilitator:** 8 November at Naval Dental Clinic, Norfolk, VA



## ShipShape Updates

Stay engaged by visiting [our website](#), [contacting us](#) directly, or joining other facilitators in the [ShipShape Program Facilitators milBook Group](#)!





# Partnership and Sharing

## The Air Force Diabetes Center of Excellence Calls on Diabetes Prevention for Heart Health

In recognition of February as Heart Health Month, it is important to emphasize the link between diabetes and heart health. Diabetes is considered to be a major controllable risk factor for heart disease.<sup>1</sup> Taking the steps towards diabetes prevention can lead to a healthy heart and healthier lifestyle. About 95 percent of people with diabetes have type 2 diabetes or insulin resistance.<sup>2</sup> For many people, type 2 diabetes can often be prevented by losing weight, improving diet, and increasing physical activity.<sup>3</sup>

The Air Force Diabetes Center of Excellence (AF DCOE) was established in 2011 to promote consistent diabetes management programs across the Air Force. It offers education opportunities for disease managers and others who hold a primary responsibility for diabetes education at military treatment facilities (MTFs). AF DCOE resources are available via the [Air Force Medical Service Knowledge Exchange](#) (AFMS Kx) and require a Common Access Card (CAC) and registration.

AF DCOE offers multiple resources related to the prevention, education, and management of diabetes – webinars, programs, and resources include the following:

- [Diabetes Medical Management Webinars](#) – The monthly educational webinar series on nutrition and diabetes management related topics is broadcast on the third Thursday of each month, 9 a.m. (CST). Continuing Nursing Education (CNE) credits may be available for webinar participants.
- Diabetes Central – includes a full suite of diabetes self-management education (DSME) materials, including a complete [DSME curriculum](#).

For more information and other resources, please visit the [AF DCOE homepage](#) once you have completed your AFMS Kx registration.

1 Cardiovascular Disease & Diabetes. American Heart Association. [http://www.heart.org/HEARTORG/Conditions/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes\\_UCM\\_313865\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes_UCM_313865_Article.jsp). Updated August 2015. Accessed February 2016.

2 Am I at risk for type 2 diabetes? Taking Steps to Lower Your Risk of Getting Diabetes. National Diabetes Information Clearinghouse, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). <http://diabetes.niddk.nih.gov/dm/pubs/riskfortype2/#1>. Published June 2012. Accessed February 2016.

3 Preventing Diabetes. Diabetes Home. Centers for Disease Control and Prevention. <http://www.cdc.gov/diabetes/basics/prevention.html>. Updated September 2015. Accessed February 2016.

## Health Promotion Around the Globe: Hawaii Becomes the First State to Raise Tobacco Use Age to 21

As of 1 January 2016, the State of Hawaii law prohibits the sale or furnishing of tobacco products, including electronic smoking devices and smokeless tobacco, to persons under the age of 21 years. The law also prohibits persons under 21 from purchasing or possessing tobacco products.



Although state law generally does not regulate federal activities, as a matter of policy, Defense Resale activities, including Morale, Welfare, and Recreation points of sale, located on places subject to concurrent jurisdiction in the State of Hawaii will not sell or furnish tobacco products, including electronic smoking devices and smokeless tobacco, to persons under the age of 21 years.

Defense Resale activities on areas of exclusive federal jurisdiction, including U.S. Naval vessels, are not required to comply with this minimum age restriction. Tobacco Cessation is a priority of the Department of the Navy. Find [tobacco cessation resources](#) at the Navy and Marine Corps Public Health Center website.

Share your successes with us by submitting a “Health Promotion Around the Globe article [here!](#)”



## Social Media to Share



Find the right balance of nutrition and exercise to ensure you maintain a healthy weight.

<http://go.usa.gov/3cmvB> #EatRight



Taste the fruit and veggie rainbow. Fruits and vegetables contain an abundance of nutrients, and each color boosts different functions in the body.

<http://go.usa.gov/cVyFd> #EatRight



Fruits and vegetables contain an abundance of nutrients, and each color boosts different functions in the body.

<http://go.usa.gov/cVyFd> #EatRight



Get. The. Facts. If you're considering using dietary supplements, make sure you understand how they can impact your health.

<http://go.usa.gov/3cm6W> #EatRight



If you're considering using dietary supplements, make sure you understand how they can impact your health.

<http://go.usa.gov/3cm6W> #EatRight

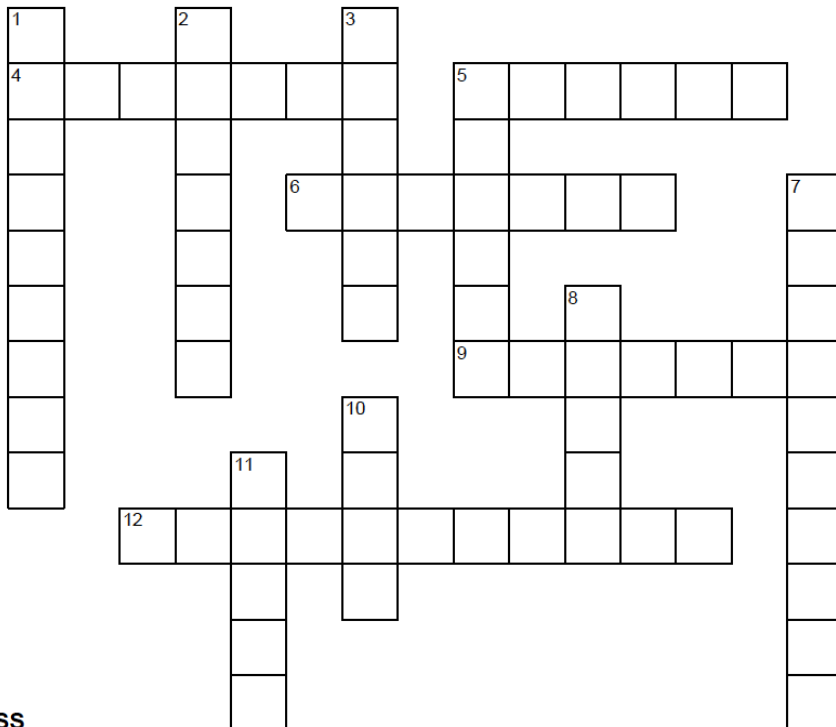


Ever cooked with ginger? How about cumin? If not, it's probably time to spice up your menu!

<http://go.usa.gov/3cmum> #EatRight

## Brainbuster with Barkley

This month's Brainbuster with Barkley is all about Health Eating. Check out the [HPW Healthy Eating Toolbox](#) to find answers throughout!



### DOWN

- 1 Fruits and vegetables contain an \_\_\_\_\_ of nutrients, and each color boosts different functions in the body.
- 2 A colorful approach to healthy eating would be to "Eat the \_\_\_\_\_."
- 3 There is no way to fully \_\_\_\_\_ if a dietary supplement is safe before you purchase it.
- 5 Processed and prepared foods often contain high amounts of calories, \_\_\_\_\_, added sugars, and fat.
- 7 When hungry, first ask yourself if you are \_\_\_\_\_ hungry?
- 8 Look for Go for \_\_\_\_\_ signs in your galley. Choose Green often, Yellow occasionally and Red rarely.
- 10 When "Sizing Up Your Servings," \_\_\_\_\_ of your plate should be fruits and vegetables.
- 11 \_\_\_\_\_ up your menu. Try including ginger, cumin, cilantro or other herbs in your recipes.

### ACROSS

- 4 The key to maintaining a healthy weight is a \_\_\_\_\_ of nutrition and exercise.
- 5 The key to "Mindful Eating" is to \_\_\_\_\_ move through the steps, eat with intention and enjoy the experience.
- 6 Avoid distractions such as driving, working or watching TV while eating. Become a more \_\_\_\_\_ eater.
- 9 68% of \_\_\_\_\_ indicate that they do not eat two or more servings of vegetables each day.
- 12 A growing health and safety concern among our population is the use of \_\_\_\_\_, which are often unregulated.

