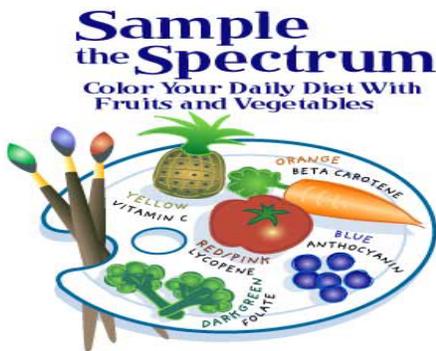


## “Make Way For 5-A-Day”

“Make Way For 5-A-Day” is the National Coast Guard program for encouraging members to eat at least 5 servings of fruit and vegetables a day. We know that most people do not eat at least 5 servings of fruits and vegetables a day. These foods are key to a nutrient dense diet that keeps us healthy. The National Cancer Institute reports that research indicates that eating 5 or more fruits and vegetables each day helps lower the risk of heart disease, stroke, and several cancers. September is National 5-A-Day month. The Coast Guard community is challenged to try to eat 5-9 servings of fruit and vegetables for one month if they are not already doing so.



This fall, the Coast Guard’s 5 A Day for Better Health Program encourages YOU to "Sample the Spectrum" of the colorful fruits and vegetables available this season. By putting something of every color on your plate or in your lunch bag, you are more likely to eat at least 5 servings of fruits and vegetables every day. Just think: 1 cup of dark, leafy **GREENS**, ½ cup of **RED** tomatoes, ½ cup of **YELLOW** peppers, 6 oz. **ORANGE** juice and ½ cup of **BLUE**berries. And you have 5 A Day! It’s quite simple when you Sample the Spectrum.

The more reds, oranges, greens, yellows, and blues you see on the plate, the more health promoting properties you are also getting from your fruit and vegetable choices. Nutrition research shows that colorful fruits and vegetables contain essential vitamins, minerals, and phytochemicals that help prevent diseases such as cancer. They also promote health and help you feel great. Here are the specifics ..

### REDS

When you add deep reds or bright pinks to your daily diet, you are also adding a powerful antioxidant called lycopene. Lycopene is found in tomatoes, red and pink grapefruit, watermelon, and guava. A diet rich in lycopene has been suggested to reduce the risk of select cancers, including prostate cancer.

### GREENS

Your mom said, “Eat your greens.” The National Cancer Institute says, “Eat your greens.” You probably tell your family “Eat your greens.” But do you know why this color is so essential to your diet? Not only do these vegetables look great and taste wonderful, but they are rich in the phytochemicals that keep you healthy. For example, the carotenoids—lutein and zeaxanthin—that are found in spinach, collards, kale, and broccoli have antioxidant properties that protect your eyes by keeping your retina strong. Also, research shows that green cruciferous vegetables (like cabbage, brussel sprouts, cauliflower, kale, and turnips) may reduce the risk of cancerous tumors!

### ORANGES

Orange, the color of a blazing sun, is a must-have in your daily diet. Orange fruits and vegetables like sweet potatoes, mangos, carrots, and apricots include beta carotene. This carotenoid is a natural antioxidant and enhances your immune system. In addition to being a powerful health-protector, the orange group is rich in Vitamin C and Vitamin E. Folate, most often found in leafy greens, is also found in orange fruits and vegetables and has vitamin B which may help prevent some birth defects. With a chemical make-up this good for you, the orange group should always be part of your daily diet.

## Yellows

Bright yellows have many of the same perks as the orange groups: high in essential vitamins and carotenoids. Pineapple, for example, is rich with Vitamin C, manganese, and the natural enzyme, bromelain. Bromelain is great to add to a meal to aid in digestion and reduce bloating. Additionally, corn and pears are high in fiber. Yellow fruits and vegetables belong to many different families, but they all share the common bond of health enhancing and great taste.

## Blues / Purples

Blues and purples not only add beautiful shades of tranquility and richness to your plate, they add health-enhancing flavonoids, phytochemicals, and antioxidants. Anthocyanins, a phytochemical, are pigments responsible for the blue color in fruits and vegetables, and they may help defend against harmful carcinogens. Blueberries, in particular, are rich in Vitamin C and folic acid and high in fiber and potassium.

### HOW TO GET 5-A-DAY:

1. Grab an apple, orange, banana, or other piece of portable fruit to eat on-the-go.
2. Snack on raw veggies like baby carrots, pepper strips, broccoli, and celery.
3. Pick up ready-made salads from the produce shelf for a quick salad anytime.
4. Add strawberries, blueberries, bananas, and other brightly colored fruits—fresh, frozen, or canned—to your waffles, pancakes, or toast.
5. Stash bags of dried fruit in your car and at your desk for a convenient snack.
6. Stir fresh or frozen vegetables into your pasta, noodles, or omelet.
7. Whip up smoothies made from frozen berries, ice, and yogurt.
8. Jazz up your soups or sauces with a can of kidney beans, peas, corn, or green beans.

For additional information on the 5-A-Day For Better Health Program, visit [www.5aday.gov](http://www.5aday.gov) or contact Jeanett Williams Health Promotion Manager at 1-800- USCG-WLS ext 305.

### Recipe of the Month

Submitted by Karen Turely, winner of the 2004 Healthy Recipe Contest for ISC Portsmouth

#### Company Salad

1 large romaine lettuce	1 cup low fat swigs cheese, grated
1 cup Craisins	1 large apple, chopped
1 large pear, chopped	2 tsp onion, minced

Toss above ingredients. Add Dressing and sprinkle with 1.5 Tbs sesame seeds.

Dressing: combine and mix well the following

1 cup sugar	1/3 cup lemon juice
1 tsp mustard	1/2 tsp salt
1 Tbs poppy seed	1/4 cup oil

Chill and serve.

Serves: 8, Nutritional break down: Pro – 9%; Carb – 61%; Fat- 30% (Saturated Fat - 5%); Sodium 197mg; Cholesterol – 4.7gm; Sugar 35 gm.

**Unit of the Month**  
**Group Cape Hatteras, NC**

Would you say YES to a fun fitness program? Well, Group Cape Hatteras did. In February of 2004, the CO decided to institute a mandatory fitness program. This program was not only instituted to help the crew get fit but to make it fun as well.

Group Cape Hatteras started out with a basic fitness assessment consisting of the 1.5 mile run, push-ups, sit-ups, and flexibility. After the assessment, each person set a realistic fitness goal and started to work toward it. Re-assessment was set for May so that gave everyone four months to try to improve.

OS1 Brian Weekley, the Unit Health Promotion Coordinator, started the workouts twice a week. Usually one workout is a high-intensity workout, and the other workout consists of a team sport, emphasizing teamwork. "Since our start in February, we have found many activities, from a 2 mile jog/run/walk to the lighthouse to relay races to using our fitness center for routine weight training. Our team sports include soccer, football, and basketball. We have also had ocean and pool swims and a power walking session," said PO Weekley. This past summer SK1 Stephen Prysock joined to help lead and organize. Both Weekley and Prysock are currently gearing up to three workouts a week from two. PO commented that "the May Physical Fitness Assessment really showed us how much of a difference regular workouts make. Since then we have continued our workout schedule in preparation for October's Coast Guard-wide weigh-in and for our continued improvement."

Other initiatives PO Weekley incorporates into the Health Promotion Program is quarterly wellness workshops or seminars conducted by a Worklife staff member, crew member, or spouse. One example is a Healthy Cooking workshop in May where not only healthy cooking techniques were demonstrated but general nutrition education was incorporated into the program as well.

The Unit Health Promotion Coordinators of Group Cape Hatteras have done an outstanding job. They have set forth positive leadership in weight management and a healthy lifestyle change. They have not only helped the crew meet weight standards but have also made a positive change in attitude. With using encouraging attitudes in a fun atmosphere to keep morale high during workouts, the program has been a great success with the crew. The effects of these workouts are felt throughout the workday as people are less stressed and seem to have more energy.

Congratulations to the Unit Health Promotion Coordinators, the Command, and the crew for initiating and sustaining a unit fitness program. The dedication and perseverance to improve general fitness levels is to be commended and hopefully serve as a model for other units. Group Cape Hatteras is one command that is leading the way to fitness.

Special thanks to Jeanett Skinner-Williams, Health Promotion Manager at ISC Portsmouth, for writing the Health Promotion Bulletin this month.



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