

March is National Nutrition Month!



Five Ways to Spring Clean Your Diet

Eat a fresh diet to slim down, gain energy, and add nutrients to meals.

By: Matthew Kadey, M.S., R.D. <http://www.runnersworld.com/nutrition-for-runners/five-ways-to-spring-clean-your-diet?page=single>

During the long winter it's easy to fall into poor eating habits, when fresh, local produce is a distant memory and comfort foods become the norm. Making matters worse, your training likely tapered off during the colder months. If you've emerged from hibernation feeling lethargic and heavy, now is the time to spring-clean your diet. But "spring-cleaning" doesn't mean restricting yourself to juice cleanses and detox fasts. "It's about going back to basics with whole, minimally processed foods that will prepare your body for the boost in spring training," says Marni Sumbal, M.S., R.D., owner of Trimarni Coaching and Nutrition in Jacksonville, Florida. Freshen up your diet with easy changes that will kick-start your training and improve your health.

Cut Out Sugar

Cleaning up your diet starts with scouring your kitchen for items laced with added sweeteners. A 2013 report in the American Journal of Public Health followed nearly 5,000 men and women over 30 years and found that participants' calorie intake from added sugars increased by about 50 percent during that time period. As sugar consumption increased, so did waist measurements. "Sweeteners deliver empty calories and encourage overeating," says Chris Mohr, Ph.D., R.D., a sports nutritionist in Louisville, "both of which lead to weight gain." Too much of the sweet stuff has been linked to an increase in disease risk, including diabetes. Natural sugars in dairy, vegetables and fresh or unsweetened dried fruit don't count as added sugars. But corn syrup, evaporated cane juice, dextrose, and other sugar impersonators in yogurt, cereals, granola bars, and even pasta sauces certainly do.

Scan ingredients on packaged foods and choose those with little if any added sweeteners. Replace sugary breakfast cereals, flavored yogurts, and reduced-fat peanut butter (which often swaps fat for sugar) with steel-cut oats, plain yogurt, and natural nut butter.

Go Raw

After a winter full of stews and roasted vegetables, you may be craving fresher-tasting raw foods—and that may help you lose weight. A 2011 study by Harvard scientists found that cooking increases the amount of calories your body absorbs from food. That's because heat breaks down cell membranes in food, making more calories available for absorption. It also makes digestion easier, so you don't burn as many calories digesting. The implication is that a serving of raw carrots and sashimi salmon may contain fewer calories than the same weight of roasted carrots and grilled fish. "Raw food requires extra chewing," says Mohr, "which gives your brain a chance to register fullness, so you're less likely to overeat, too."

Bolster your meals and snacks with more raw edibles. Top your (cooked) chicken or fish with a raw vegetable salsa. Replace flour tortillas with lettuce or collard greens. Snack on raw nuts and baby carrots. Top oatmeal and yogurt with berries. Cook pasta al dente and serve it with fresh tomato sauce with raw veggies like broccoli mixed in.

Choose Color

Sweep away the dull winter with spring's colorful fruits and vegetables. Eating a rainbow of foods is a great way to load up on fiber, vitamins, and other disease-fighting compounds. "The pigments that give fruits and vegetables their colors are vital antioxidants," says Sumbal. "Runners need these antioxidants to combat exercise-induced oxidative stress that can impact recovery." The more colors you eat, the better: Colorado State University researchers found that subjects who ate a wide variety of produce had lower levels of DNA oxidation than those who focused on a limited number of plant foods.

Include three or more colors in each meal and one or two colors in snacks. Scramble eggs with spinach and red bell pepper. Add strawberries and apricots to green salads. Brighten up sandwiches with shredded carrot and arugula. Blend blueberries into smoothies.

Drink Up

Drinking water during the colder months is not always appealing, so fluid intake tends to suffer. But with long runs in warmer weather on the horizon, it's time to take hydration seriously again. "Dehydration can impact your metabolism, leave you sluggish, and can mask itself as hunger," says Sumbal. But avoid drinking your calories: A University of Kansas Medical Center study found that post-meal hunger and the desire to eat were greater when subjects drank liquid calories compared to when they took in the same number of calories from food. Researchers found that levels of ghrelin, a hunger-boosting hormone, were higher in the liquid-calorie group. "A good guideline for runners is to consume .5 to 1 ounce of fluid per pound of body weight each day," says Sumbal, "plus extra fluid during and after exercise." Replace sugary lattes and sodas with green or herbal tea, coconut water, seltzer, and unsweetened iced tea. "And load up on water-rich produce, such as lettuce, celery, and fruits," says Sumbal.

Get in the Kitchen

Eating at restaurants drains your wallet—and can add pounds to your waist. A University of Texas at Austin study found that dieters scarfed down 253 more calories and 16 extra grams of fat on the days they ate out. Even nutrition labeling on many restaurant menus isn't doing much to slash the calories we inhale, according to a study by University of Washington researchers. By prepping your own meals you can sidestep calorie bombs, improve portion control, and pack meals and snacks with nutrient-dense whole foods.

Financial Fitness News: Understanding Identity Theft

By: Zachary Bonaparte, Financial Readiness Program, Fort Benning GA

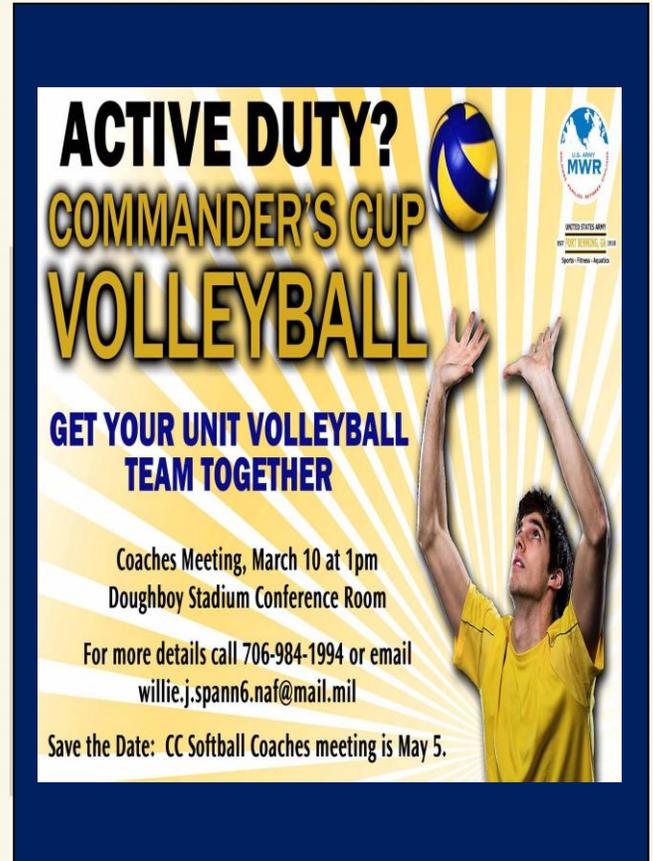
Identity theft crime comes in all forms and types; criminal ID-theft is used to commit crimes in your name, financial ID theft, used to attain products and services at cost to the victim, medical ID theft, the use of the victims' medical information to receive medical treatment. These are the primary types of ID theft and can range from purchasing a meal with your credit card to opening a bank account in your name and abusing it by writing checks on the account with in-sufficient funds. The range of identity theft's activities is far reaching and the results can be costly in time and money. The victim's finances, health and credit history are impacted. These acts are committed using the personal information of the victims. Such personal information may include a social security number, passport information, bank account, credit card information. No one is safe, from the very young to the elderly! The ID thief's primary tool is personal information. Prevention of the crime may seem impossible. However, education and the taking of prevention measures can inhibit the crime. Those in the millennial generation are especially vulnerable because of their immersion in the social media arena as well as the abundance of new technology where information flows freely. This group's compromise potential is demonstrated by the following PEW Research Center statistics; 28% report hacked social security numbers and email accounts, 23% report being stalked or harassed and 14% report breached credit card or bank account information. The elderly are more susceptible to insurance and investment scams, but are also potential victims for mortgage, credit card and bank account fraud.

The key to theft of your identity is the access to your personal information and the key to slowing down the illicit use of that information is to be security conscious during your presence in cyber-space and the use of cover and concealment when involved in electronic transactions on the net and or the commercial environment. Don't give up personal information so freely, only use secured sites when providing personal information, use strong passwords and be constantly vigilant of the environment where your personal information resides; safeguard it, monitor it and report violations when suspected. Obtain and review your credit report, review your credit card account and bank statements.

The access to your PI is wide-spread and is there for anyone with illicit purposes in mind. Think of the many sources where your personal data resides; human resource departments, the department of motor vehicles, medical and dental offices, colleges and universities. Your PI is protected by provisions of the Privacy Act but, there are other means of obtaining the information; your response to data mining schemes, phishing probes, as well as breaching of your computer's security. The key is –"Be vigilant always".

You are entitled to one free credit report from each one of the three credit agencies. Go to "annualcreditreport.org" be prepared to print, select Experian, Trans Union or Equifax; answer the questions and report will be generated. You can get all three at once or it is suggested that you get one every four months. This gives you the opportunity to view the report at least every four months. If you find the report a bit of a challenge to read, come visit us at the Army Community Service's Financial Readiness Program.

The Financial Readiness Program is hosting an ID Theft – Prevention and Recovery Class on 12 March 2015 at 1500. Call 706-545-4043 for more information.



ACTIVE DUTY?
COMMANDER'S CUP
VOLLEYBALL

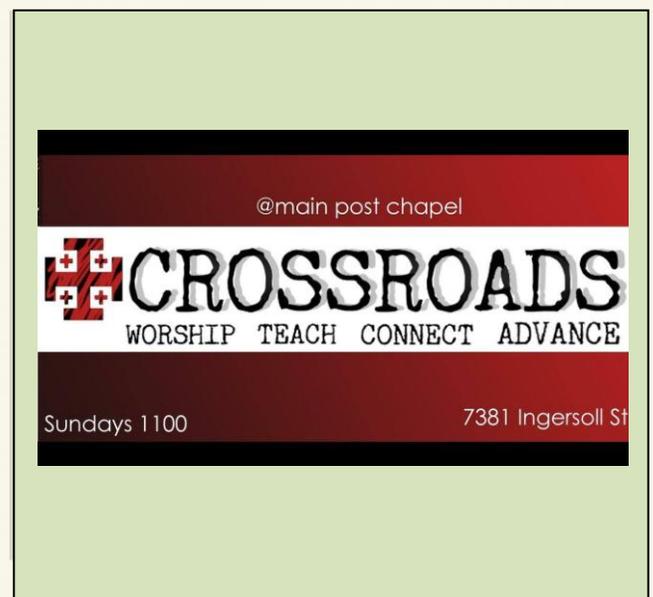
GET YOUR UNIT VOLLEYBALL TEAM TOGETHER

Coaches Meeting, March 10 at 1pm
Doughboy Stadium Conference Room

For more details call 706-984-1994 or email
willie.j.spann6.naf@mail.mil

Save the Date: CC Softball Coaches meeting is May 5.

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DID YOU KNOW?

What is the difference between alcoholism and alcohol abuse?

Alcohol abuse⁴ is a pattern of drinking that results in harm to one's health, interpersonal relationships, or ability to work. Manifestations of alcohol abuse include the following:

- Failure to fulfill major responsibilities at work, school, or home.
- Drinking in dangerous situations, such as drinking while driving or operating machinery.
- Legal problems related to alcohol, such as being arrested for drinking while driving or for physically hurting someone while drunk.
- Continued drinking despite ongoing relationship problems that are caused or worsened by drinking.
- Long-term alcohol abuse can turn into alcohol dependence.

Dependency on alcohol, also known as alcohol addiction and alcoholism⁴, is a chronic disease. The signs and symptoms of alcohol dependence include—

- A strong craving for alcohol.
- Continued use despite repeated physical, psychological, or interpersonal problems.
- The inability to limit drinking.

What can I do if I have a drinking problem?

Consult your personal health care provider if you feel you or someone you know has a drinking problem. Other resources include the National Drug and Alcohol Treatment Referral Routing Service available at 1-800-662-HELP. This service can provide you with information about treatment programs in your local community and allow you to speak with someone about alcohol problems.⁶

Source: <http://www.cdc.gov/alcohol/faqs.htm#drinkingProblem>

Healthy Recipe of the Month

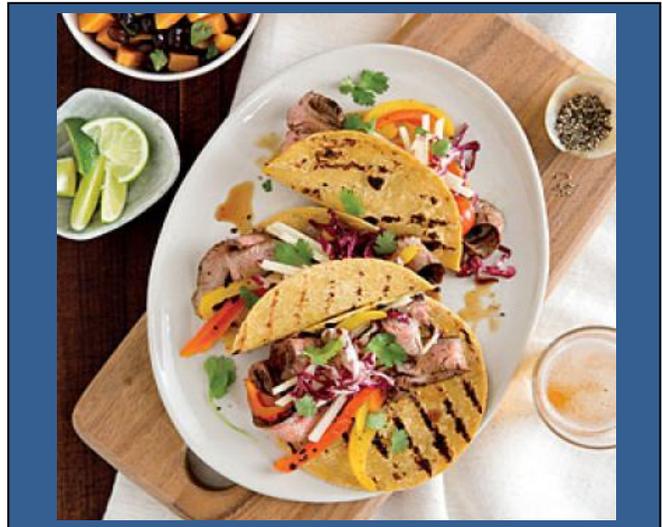
Flank Steak Tacos with Slaw

Ingredients:

Cooking spray
2 teaspoons chili powder
1 teaspoon brown sugar
1/2 teaspoon ground cumin
1/2 teaspoon unsweetened cocoa
1/2 teaspoon salt, divided
1 (12-ounce) flank steak, trimmed

1 red bell pepper
1 yellow bell pepper
1 tablespoon cider vinegar
1 tablespoon extra-virgin olive oil
1 teaspoon honey mustard
1 cup julienne-cut jicama
1 cup thinly sliced radicchio
1/4 cup cilantro leaves
8 corn tortillas
1 small lime, cut into 8 wedges

Preparation:



1. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Combine chili powder, sugar, cumin, cocoa, and 3/8 teaspoon salt; rub spice mixture evenly over steak. Add steak to pan; cook 5 minutes on each side or until desired degree of doneness. Let stand 10 minutes; cut across the grain into thin slices. Cut bell peppers into quarters; discard seeds and membranes. Add bell peppers to pan; cook for 4 minutes on each side. Cut into thin slices.

2. Combine remaining 1/8 teaspoon salt, vinegar, oil, and mustard in a medium bowl, stirring with a whisk. Add jicama, radicchio, and cilantro to bowl; toss to coat.

3. Heat tortillas in grill pan coated with cooking spray 30 seconds or until lightly charred. Divide beef, bell peppers, and jicama mixture evenly among tortillas; serve with lime wedges.

Note: MyRecipes is working with *Let's Move!*, the Partnership for a Healthier America, and USDA's MyPlate to give anyone looking for healthier options access to a trove of recipes that will help them create healthy, tasty plates. For more information about creating a healthy plate, visit www.choosemyplate.gov.

Bruce Weinstein and Mark Scarbrough, March 2014 <http://www.myrecipes.com/recipe/flank-steak-tacos-slaw>



Check out our Community Resource Guide!

<http://www.benning.army.mil/mcoe/CommunityHealth/>

