



Wellness Tips To
Better Your Life

In Flight Wellness Weekly

4 June 2018

Healthy Weight & Nutritional Fitness | Physical Activity | Tobacco Free Living | Sleep Optimization

Frozen, Fresh Canned or Dried: Fruits & Veggies

Eating healthy can be a challenge, but the benefits of including a healthy diet as part of your daily lifestyle can be very rewarding. What is already commonly known is that a diet that is rich in fruits and vegetables helps in reducing the risk of diabetes, heart disease, high blood pressure, controls weight, and reduces high calories within the body.

What is not commonly known is that eating fruits and vegetables can help people lower their risk of getting cancers of the mouth, pharynx, larynx, esophagus, stomach, and lung. Studies done by the Center for Disease Control (CDC) and the National Institute of Health (NIH) Cancer Institute have even shown evidence that diets rich in plant-based foods can help in lowering any risk of cancer of the colon, pancreas, and prostate.

The Importance of Eating Fruits and Vegetables

Fruits and vegetables are packed with necessary nutrients that our bodies need to help in maintaining optimal health. Phytochemicals or phytonutrients, commonly referred to as antioxidants, are found in many plant-based foods such as fruits, vegetables, beans, and grains. It is from plant-based foods that the body gets the highest amounts of antioxidants such as vitamin C, vitamin E, selenium, carotenoids such as beta-carotene, lycopene, lutein, and zeaxanthin.

Eating a diet that has a variety of fruits and vegetables that are colorful and plentiful can help in combating many diseases and health problems. When fruits and vegetables are added as part of the daily diet, they add vital nutrients that our bodies need to function.



Naturally red fruits and vegetables such as tomatoes, cherries, and red peppers help in maintaining memory function and heart health. Yellow and orange foods like pumpkin and carrots are known to help

maintain eye health as well as heart health. Fruits and vegetables such as green grapes, kiwi, spinach, kale, broccoli, and green peppers are good for the heart and muscles. By creating a large and colorful mix, your body will be able to obtain the fuel that it needs to function and maintain optimal health and performance.

Freshness and Nutrient Value of Fruits and Vegetables

We all know what happens when you put fresh fruits and vegetables in the fridge. If left for too long, all sorts of nasty growths will appear on it and becomes brown or mottled and smells bad. This happens through the process of oxidation where the food item is exposed to heat, light, and oxygen after it has ripened and been harvested. It's no wonder the landfills are filling up as we throw away up to one third of all food purchased and produced.

The waste of food and loss of nutrients from not eating enough plant based foods can be corrected. Fruits and vegetables can be found in most grocery stores and other food distribution outlets as fresh, canned, and frozen. To "lock in" the nutrients and freshness of just picked, fruits and vegetables are frozen, canned or dried. Deciding on what to choose will depend on the recipe and time that is required to prep and cook it if not eating raw.



Fresh vs Frozen

It is challenging enough to include the right amount of fruits and vegetables as part of a balanced diet. Let alone to prepare or cook it.

The Dietary Guidelines for

Americans recommends a daily diet of 2 cups of fruit and 2 1/2 - 3 cups of vegetables for adult males, and 1 1/2 cups of fruit and 2 1/2 cups of vegetables for females. Studies have found that frozen fruits and vegetables provide just as many nutrients as fresh. To provide a diet of nutrient-dense fruits and vegetables, frozen fruits not packed in sugar and vegetables that have been "flash frozen" could be an alternative option as well as a time saver.

So the next time your roaming around the grocery store looking for something healthy to eat, think "frozen" and give what your taste buds and body are craving.

Additional References & Resources:

1. Health Benefits of Eating Fruits & Vegetables;; <http://articles.extension.org/pages/27730/health-benefits-of-eating-fruits-vegetables>
2. Fruits & Veggies More Matter: Fruit & Vegetable Nutrition
3. Fruits & Veggies More Matters: Dietary Guidelines for Americans 2015-2020
4. National Center for Integrative Health-NIH: Antioxidants In Depth



See calendar on other side to
see what's going on this week

A Personal Message From Your Health Promotion Health Myth Busting Team



Dear Health Myth Busters,

I just got out of the dorm and am living on my own. I have been trying to increase my fruit and vegetable servings to at least 5 per day but they always go bad by the time I eat them. Frozen fruit and vegetables would have less food waste; is it true that frozen vegetables have as much nutrition as fresh?

*Signed,
Waste Not, Want Not.*

Dear Waste Not,

Congratulations on living on your own and joining those Airmen that are learning to manage a budget and honing their cooking skills all at one time. Based on 2017 data, 66.1% of Airmen do not get the recommended 5 servings of fruits and vegetables daily. I commend you for your efforts.

It is true frozen vegetables have as much nutrition as fresh. Fresh fruit and vegetables are often picked before they are fully ripe. Transportation and storage can take anywhere from 3 days and up to 12 months for some types of produce.

Certain vitamins and antioxidants begin to decline immediately after harvesting. Therefore, it's best to eat fresh fruits and vegetables as soon as possible.

Frozen fruit and vegetables are generally picked at peak ripeness. They are often washed, blanched, frozen and packaged within a few hours of being harvested.

Frozen produce is nutritionally similar to fresh produce. When nutrient decreases are reported in frozen produce, they're generally small.

Frozen produce may be equal to, or in some cases, even more nutritious than fresh varieties.

At the end of the day, frozen fruit and vegetables are a convenient and cost-effective alternative to fresh options. Also if you are going on a trip and have recently purchased fresh fruit, place them in the freezer and when you return you instantly have ingredients for a frozen smoothie!

Sincerely,
Health Myth Busters

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to usaf.jbsa.afmoa.mbx.hpo@mail.mil. Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Healthy Living webpage <http://www.airforcemedicine.af.mil/HealthyLiving/> or <https://www.facebook.com/Joint-Base-Andrews-Health-Promotion-120094328077726/>



**HERES WHATS GOING ON
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JOINT BASE ANDREWS

Your Local Health
Promotion Office



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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|-------------------------------------|--|--|
| | Classes are held at Growth | Medical Clinic, 1060 West Perimeter | Road, JB Andrews, MD | |
| Sleep Enhancement Class Register at: 240-612-1130 Healthy Heart Class, 0900 2nd Mon, 240-612-2396 Weight Mgmt Class, 0800 4th Mon, 240-612-2703 | Diabetes Self Mgmt Education Register at: 240-612-2396 Tobacco Cessation Program Register at: 240-857-8942 Stress Mgmt & Relaxation Trng Register at: 240-857-8942 | | HEALTH PROMOTION SERVICES Base Nutrition Environment Assessment (mNEAT) Health Improvement Briefings Unit Force Health Reports Metabolic analysis (JBAB only) | MEN'S HEALTH MONTH Stay on Top of Your Game *Get the Preventive Medical Tests You Need *Get Good Sleep *Eat Healthy |