



*Health & Fitness* Weekly Wellness Message

Want to limit the amount of trips through the local drive-thru on the way home from your kids' football or soccer practice? Do you feel like cooking dinner is the last thing you want to do when you have 100 pages of reading to do? Back to school time is an ideal time for one pot meals! A crock pot is a great tool to help make family meal planning easy and to increase your intake of vegetables. You can also take the leftovers and build up a "pantry of frozen meals" so the next time you are in a time crunch, all you have to do is take something out of your freezer and heat it up. Visit the following sites for some one pot meal ideas:

[www.Southernfood.about.com](http://www.Southernfood.about.com)

[www.mealsmatter.org](http://www.mealsmatter.org)

[www.crockpot.cdkitchen.com](http://www.crockpot.cdkitchen.com)

Don't forget to stop by and visit Health Fitness personnel at our Health Fair spotlighting National Cholesterol Education Month on September 16<sup>th</sup> from 0800-1300 in building 59, room 118. We will have a variety of and tips available to help you understand your cholesterol levels and what you can do in your lifestyle to maintain and even improve your numbers.

Have you heard the news? Eating whole grains instead of refined grains can help lower your risk for chronic diseases. According to the Whole Grains Council, the benefits of whole grains most documented by repeated studies include:

- stroke risk reduced 30-36%
- type 2 diabetes risk reduced 21-30%
- heart disease risk reduced 25-28%
- better weight maintenance

Studies indicate that 3 servings or 48 grams per day of whole grains are effective at lessening health risks. Even as little as one serving per day may be beneficial. So, if you haven't made the switch to whole grains – what are you waiting for? When you try and navigate the aisles at the grocery store it can be a little tricky to determine if that "brown bread" is really whole grain so here are a few tips from the Whole Grains Council to help you be a savvy consumer:

Words you may see on packages	What they mean
<ul style="list-style-type: none"> <li>• whole grain [name of grain]</li> <li>• whole wheat or whole [other grain]</li> <li>• stone-ground whole [grain]</li> <li>• brown rice</li> <li>• oats, oatmeal (including old-fashioned oatmeal, instant oatmeal)</li> <li>• wheatberries</li> </ul>	<p><i>YES -- Contains all parts of the grain, so you're getting all the nutrients of the whole grain.</i></p>
<ul style="list-style-type: none"> <li>• wheat flour</li> <li>• semolina</li> <li>• durum wheat</li> <li>• organic flour</li> <li>• multigrain (may describe several whole grains or several refined grains, or a mix of both)</li> </ul>	<p><i>MAYBE -- These words are accurate descriptions of the package contents, but because some parts of the grain MAY be missing, you are likely missing the benefits of whole grains.</i></p>
<ul style="list-style-type: none"> <li>• enriched flour</li> <li>• degerminated (on corn meal)</li> <li>• bran</li> <li>• wheat germ</li> </ul>	<p><i>NO -- These words never describe whole grains.</i></p>

Another way to help you identify whether or not a product contains whole grains is to look for the stamp. The **basic stamp** indicates that a food contains 8 grams or at least half a serving of whole grain. If a product bears the **100% stamp**, then all its grain ingredients are whole grains.



You can visit the following website for more information on how you and your family can add more whole grains to your diet so that you can reap the health benefits! [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)

**Upcoming Noteworthy Event:** Suicide Awareness Briefing  
 September 14<sup>th</sup> from 1300-1400  
 Ft. Myer, Building 230  
 POC: Carol Frazelle at 703-696-3787

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