

Here's to Your Health!

MARCH IS: NATIONAL NUTRITION MONTH!

You Are What You Eat



Orchid flavored ice cream?

Vanilla beans are actually the dried pods of orchids that have been fermented. Natural vanilla flavoring, therefore, is actually natural orchid flavoring!



FRUIT/VEGGIE OF THE MONTH!

CHILI PEPPERS!



Strive for 5-9 servings of fruits & Veggies a day!

See Page 2 for A Healthy Hearty Chili Pepper Recipe!

Chili Pepper Recipe!

"You are what you eat." This age old saying is very true, for what you choose to eat largely determines your susceptibility to injury, illness and disease. Decades ago, the most common nutritional problem was food shortage. These days, it's **excess** – excess of saturated fat, sodium, sugar, cholesterol, and empty calories. So how do you eat your way into good health?

A proper diet *has to provide you with all the important nutrients* – vitamins, minerals, water, protein, and yes, even carbohydrates and fat. Research shows that **it's not necessarily how much carbs and fat you eat, but more importantly what types you do.**

Here's a good tip for choosing fats: if the fat gets solid at room temperature, like the layer of white lard that forms on the tops of pork chops or the fat under chicken skin, then those are the kinds you want to stay away from. If it's liquid at room temperature,

like olive oil and vegetable oils, then those are the kinds that are good for you. Your best bet is to choose lean cuts of meat or trim off all the excess fat that you see, and always go for fat-free and skim varieties when it comes to dairy products. One of the most beneficial kinds of fats are Omega fats that are found in nuts, seeds, and fatty fish like salmon. These have been proven to be good for the heart, but not bulky on your waistline.

As for carbohydrates, **Dr. Atkins was way wrong.** Carbs are the only type of fuel that your brain can run on – cut away carbs, and you're basically cutting off your life line. Just like fat, it's the types of carbs you eat that's important. Whole grain varieties and vegetables are always the best choice. Not only do they provide fuel but they add fiber to your diet, which is very important

for keeping your cholesterol down and your heart health up. The bad types of carbs to stay away from are those with added sugars and no nutritional value, like doughnuts and cookies.

Other tips for good nutrition: balance and variety. Try to include all the food groups in each meal, and change up your menu every day. If you catch yourself eating pizza three days in a row, then that means your limiting your intake to only certain kinds of vitamins and minerals. An easy way to get all your essentials in is to **go with a rainbow of colors** – reds, blues & purples, greens, oranges & yellows, and your browns.

Don't forget, though, that nutrition and exercise go hand in hand. After all, the calories you take in have to be burned off somehow. And just remember, you are what you eat. So in honor of National Nutrition Month, ask yourself this: At the end of the day, would I rather be a pile of lard or the picture of perfect health?



Did You Know...

In the next hour, 17 million sodas will be consumed in America? That's about 600 million a day, and about 5 billion a year!



TEST YOUR KNOWLEDGE!

Match the nutrient with its main function in the body.

- | | |
|------------------|--|
| 1. Water | A. Can be made thru exposure to sunlight, and helps absorb calcium |
| 2. Carbohydrates | B. Provides energy, insulates the body, and protects organs from shock |
| 3. Fat | C. Maintains body temperature, and transports nutrients and wastes |
| 4. Protein | D. The principle mineral in bones and teeth |
| 5. Vitamin A | E. Helps maintain vision |
| 6. Vitamin C | F. The body's chief energy source, and sole source of energy for the brain |
| 7. Vitamin K | G. Found in red blood cells and muscles to help carry and hold oxygen |
| 8. Calcium | H. Involved in blood clotting |
| 9. Vitamin D | I. Act as enzymes in chemical reactions, and forms most body structures |
| 10. Iron | J. An antioxidant that strengthens immune system and helps absorb iron |



MY PYRAMID PLAN FOR GOOD NUTRITION



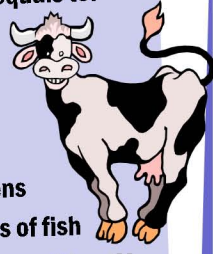
- Make half your **Grains** whole
- Vary your **Veggies**
- Focus on **Fruits**
- Know your limits on **Fats, Sugars, & Salt**
- Get your **Calcium**-rich Foods
- Go lean with **Protein**

Visit www.mypyramid.gov for more info!!

Hungry??

The average adult eats 525 pounds of food each year! In 70 years, that equals to:

- 35 Turkeys
- 23 pigs
- 20 cows
- 2 calves
- 880 chickens
- 770 pounds of fish



That's 17 tons of food!!

Questions? Comments?

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Popecorn Shrimp & Chili Lime Sauce

Dipping Sauce:

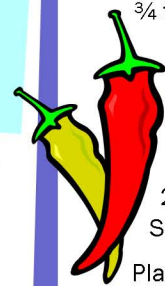
- ½ cup nonfat plain yogurt
- 2 Tbs. mayonnaise
- 1 Tbs. lime juice, or ½ lime
- ½ tsp. ancho chili powder
- 1 Lime, zested



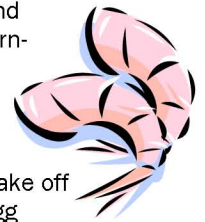
Place yogurt in strainer lined with paper towel and allow to drain and thicken for 20 minutes. Combine with mayonnaise, lime juice, chili powder, and lime zest. Mix well and set aside.

Shrimp:

- ½ cup all-purpose flour
- 1 tsp. ancho chili powder
- 1 tsp. garlic powder
- ¾ tsp. salt
- 4 egg whites
- ¾ cup cornmeal
- ¼ tsp. black pepper
- 1 pound medium rock shrimp, shelled & cleaned
- 2 Tbs. canola oil
- Spray cooking oil



Place flour, chili & garlic powder, and ½ tsp. salt in shallow bowl. Stir with fork. Place egg whites in another shallow bowl and beat lightly. Place cornmeal, ¼ tsp. salt and pepper in third bowl and stir with fork. Toss shrimp in flour until well coated. Shake off excess, then dip in egg whites. Transfer to cornmeal mixture and toss to cover.



Preheat broiler. Brush large cookie sheet with oil and heat the sheet for 3 minutes. Remove from oven and quickly arrange shrimp in single layer on sheet.

Nutrition Facts	
Serving Size 12 shrimp & 1 tbs. dipping sauce	on sheet.
Amount Per Serving	Spray with cooking spray and place
Calories 210	shrimp under broiler
Total Fat 8 g	until crisp and brown,
Saturated Fat 1 g	about 5 minutes.
Cholesterol 90 g	Serve with dipping sauce.
Sodium 360 mg	
Protein 15 g	
Carbohydrates 18 g	
Fiber 1 g	

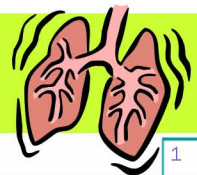
MEMBER UPDATES!!

We are pleased to announce our newest participating providers:

- Dr. William Fell, ENT @ Guam Surgicenter, 646-3855 ext. 157**
- Dr. Anthony Smith & Dr. Robert Jack @ Island Eye Center, 674-5381/3**

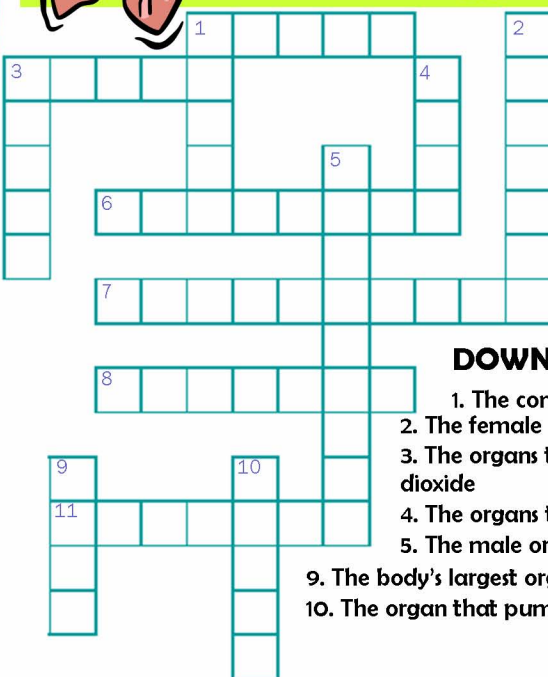
FREE Executive Checkup at St. Luke's Medical Center in Manila!
Moylan's Health Insurance members are now eligible for an Executive Check-up in the Philippines with **NO CO-PAYMENTS!**

Call 472-3610 and make your appointment today. Offer good thru 03/31/08.



Body Organs

Crossword



ACROSS

1. The organ made up of liquid plasma and cells
3. The organ that produces bile
6. The organ that produces insulin
7. The organs where absorption of food takes place
8. The organ responsible for the breaking down of food
11. The 2 organs that filter body fluids

DOWN

1. The control center of the body
2. The female organs that produce eggs
3. The organs that exchange oxygen and carbon dioxide
4. The organs that detect light
5. The male organs that produce sperm
9. The body's largest organ
10. The organ that pumps fluid thru the body

Crossword Answers
ACROSS: 1.Blood, 3.Liver, 6.Pancreas, 7.Intestines, 8.Stomach, 11.Kidneys
DOWN: 1.Brain, 2.Ovaries, 3.Lungs, 4.Eyes, 5.Testicles, 9.Skin, 10.Heart