



NEWS RELEASE

Defense Commissary Agency

Office of Corporate Communications
1300 E Avenue □ Fort Lee, VA 23801-1800

Tel: (804) 734-8000, Ext. 4-8524 DSN: 687-8000, Ext. 4-8524

FAX: (804) 734-8248 DSN: 687-8248

www.commissaries.com

Release Number: 95-09
Date: October 8, 2009
Contact: Lt. Col. Karen E. Hawkins, DeCA dietitian
Tel.: (804) 734-8000, Ext. 4-8404
E-mail: karen.hawkins@deca.mil

Eat healthy your way

*By Lt. Col. Karen E. Hawkins,
DeCA dietitian*

FORT LEE, Va. – You might promise yourself to get healthier: to exercise more, cook more, eat better. The commissary is here to help you take care of yourself and your family. When it comes to feeding a family on a budget we all want to make good choices.

As a registered dietitian and mother of two teenagers I know and understand what it takes to make healthy choices for a family. Let us help you when you have questions about making healthy choices at the commissary. And, remember that if you make those choices at the commissary, you can help your grocery budget with savings of 30 percent or more.

Adam Drewnowski, Ph.D., director of the nutritional sciences program at the University of Washington School of Public Health and Community Medicine, recommends going back to the basics when choosing foods. So if you are looking for ways to lower your grocery bill, and who isn't these days, here are six nutritious foods you can buy at the commissary:

- **Beans** – One serving has 7 grams of fiber – good for your heart and your digestive system – and 7 grams of protein.
- **Eggs** – a good source of protein and also contain antioxidants lutein and zeaxanthin, important for healthy eyes.
- **Bananas** – a good source of potassium, which helps keep blood pressure within a healthy range. They also provide fiber and vitamins C and B6.
- **Potatoes** – a good source of fiber, potassium, and vitamin C to help your immune system.

- **Yogurt** – a great source of calcium, which helps keep your bones strong. It also has protein and can make a good meat substitute. To save even more money, buy it in the large containers and portion it out for meals and snacks.
- **Ground beef** – Lean beef, around 93 percent lean, is a great source of protein and iron, a mineral that carries oxygen to cells throughout your body. Ground beef cooks quickly and can be mixed with pasta, vegetables and other foods.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the *Commissary Connection*.

- DeCA -

About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.*