



NEWS RELEASE

Defense Commissary Agency

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What's your goal for National Nutrition Month?

*By Chris Halagarda,
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FORT LEE, Va. – March is National Nutrition Month! What are you going to do this month to improve your nutritional health? Try to lose weight? Increase your fruit and vegetable consumption each day? Eat less red meat? Drink more water? What about trying out some new herbs and spices?

Most people don't think of herbs and spices as improving their nutritional health, but they are some of the best sources of nutrition known to man. For example, if you look at the Department of Agriculture's Database for Oxygen Radical Absorbance Capacity, you'll find a listing of the antioxidant levels of common foods.

Despite the belief that herbs and spices have no nutritional value, there are many herbs and spices that top the ORAC list. For example, ground cinnamon rates higher than blueberries or pomegranate juice, while oregano and turmeric rate above powerhouses like raspberries, strawberries and asparagus, all extremely healthy foods.

Also, "standing tall" on this list include paprika, rosemary, ginger and thyme, to name a few. So, for National Nutrition Month this year, how about putting down the salt shaker and sprinkling some herbs and spices on your food? Consider the following:

- Add a teaspoon of cinnamon to your oatmeal, toast with peanut butter, fruit cup or yogurt and granola.
- Sprinkle some ground ginger into a shrimp and vegetable stir-fry.
- Chop a tablespoon of thyme and rosemary into your omelet.

- Make your own hummus, experimenting with different amounts of cumin, coriander, red pepper and paprika. (Always experiment with smaller amounts, such as ¼ teaspoon.)
- Try yellow curry in your whole-grain rice.
- Sprinkle meats with thyme, rosemary or oregano.

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*.

-- Chris Halagarda is the Navy fitness, performance enhancement dietitian. Feel free to contact him with your questions at (202) 433-3472 or Chris.Halagarda@navy.mil.

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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 \$3,300 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.*