



NEWS RELEASE

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Real juice can help provide daily intake of fruits, veggies

*By Lt. Col. Karen E. Hawkins,
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FORT LEE, Va. – Eating fruits and vegetables helps keep you healthy and protects against disease. Yet it's not always convenient to eat as many daily servings of fruits and vegetables as we might like. So to help you get at least one more serving a day, consider drinking juice. About 6 ounces or three-fourths cup of juice equals one serving of fruit or vegetable. And don't forget: Try your commissary to stock up on juices that can satisfy you and your family, while saving 30 percent on your grocery bill in the process.

A good juice to consider trying is pomegranate juice; it's high in antioxidants along with potassium. One cup of pomegranate juice has about 160 calories so it will not break the calorie bank if you are watching your calories.

Read the label

Choose 100 percent juice. Just because it says "juice" on the front of the bottle doesn't mean it is juice. There are juice drinks, juice beverages and juice cocktails. Only 100 percent juice can be labeled "juice." Check the label to find out how much juice is in the bottle. The ingredients must be listed on the label in order of volume. The lower a juice appears on the ingredients list, the less there is of it in the drink.

Research possible health benefits

Some studies suggest that pomegranate juice may help lower total cholesterol and reduce systolic blood pressure. Another study, published by the American Association for Cancer Research, found hopeful results for prostate health. However, the verdict is still out on this claim.

Enjoy the juice

- Make a spritzer with diet or regular ginger ale, pomegranate juice and a twist of lemon or lime. Using a diet soda or carbonated water mixed with a little juice can go a long way in adding flavor along with some nutrition to your diet.
- For a refreshing breakfast treat or midday snack, make a smoothie with 2 ounces of pomegranate juice, 6 ounces of plain or fruit flavored yogurt, and a cup of fresh strawberries or blueberries. Mix it in the blender with a handful of ice and enjoy. This is a great way to get your antioxidants, calcium and other nutrients anytime of day.

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*.

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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 \$3,400 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.*