



# MWR SPORTS AND FITNESS NEWSLETTER

March 2010

**Mission Statement:**  
Deliver innovative, demand-driven programs and services that support the quality of life and readiness of the entire Redstone Arsenal Family.

**Vision Statement:**  
To be your first choice.

## Reading Food Labels

Happy National Nutrition Month! You have your exercise program down to a science, you're killing yourself in the gym, and still not getting results. What is going on here? In most cases it is poor nutrition habits. One way you can start cleaning up your diet is to know what you are putting into your body. Food manufacturers are very clever people who know how to make a healthy product seem more attractive to health conscious shoppers. The ingredients are listed from the most to the least amount, so if something you are trying to avoid (sugar, salt, mechanically separated pig parts) is in the first three ingredients you want to stay away.

**What's in a name?**-Multi-grain and nutri-grain sound healthy, but are not as healthy as you think. Often multi-grain (and the like) are made with enriched flour. The flour was "enriched" to increase shelf life, make it look better, and to keep bugs away, not to enrich you in any way. You should look for 100% whole wheat items.

**Serving sizes**-Some containers have more than one serving in them, so you need to take that into account. For instance, the average 10 oz can of chicken and rice soup will have 34% of your recommended daily allowance (RDA) of sodium in one serving. Not too bad until you consider the can has 2 and a half servings in there. Now you know why that soup makes you so thirsty, you just took in about 85% of your RDA for sodium. A serving size for a soft drink is 8 ounces, so a 20 ounce bottle has 2.5 times the calories and sugar than what is written on the label.

**Silly rabbit, those tricks are for cereal boxes**-Cereal is big business and they know that parents are more health conscious about what they feed their children these days. The cereal companies sometimes combine all the grains (corn, rice, wheat) as one block ingredient so sugar is not listed as the first (and most prevalent) ingredient.

**Too many doses of the -oses**-Any time you see a word with -ose (maltose, dextrose, sucrose, etc...) on the end, that is a sugar. There are also several different names that are just code for added sugar, such as fruit juice concentrate, honey, molasses, corn sweetener, and many more.

Bottom line is, you should always know what you are putting in your body. If you are a parent, you should especially know what you are feeding your child.

We're on the Web!

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Do you have a question that you would like to see covered in the next newsletter? Please e-mail Joe Martin at [joseph.martin5@us.army.mil](mailto:joseph.martin5@us.army.mil)



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MWR...For all of your life

## Latest Fitness News-This Coke gave me cancer?

Researchers at Minnesota University found that people who drank 2 or more soft drinks a week are nearly twice as likely to get pancreatic cancer. The scientists think the large amounts of sugars in the sodas (regular soda, not diet ) were to blame. They think the cancer is caused by the pancreas releasing heightened levels of insulin due to the excess sugar.

### Fit Quote

**“People often say that motivation doesn’t last. Well, neither does bathing- that’s why we recommend it daily”**  
**-Zig Ziglar**

## Healthy Recipe-Irish Brown Soda Bread

Here’s a traditional Irish staple to serve on St. Patrick’s Day (March 17th for any rookies out there) with a healthier twist and it’s also a good source of fiber and whole grain.

### Ingredients needed

- 4 cups whole wheat flour
- 1 Cup bread flour
- 1/3 Cup rolled oats
- 1 Tsp baking soda
- 1 Tsp salt
- 2.5 Cups buttermilk

Preheat oven to 425. Spray two baking sheets with cooking spray. In a large bowl combine: whole wheat flour, bread flour, rolled oats, baking soda, and salt. Gently mix in buttermilk until a soft dough is formed. Knead very lightly. Divide dough into 4 pieces, form into rounded, flat loaves. Mark each loaf with a cross and bake until golden brown (about 30-45 minutes). 12 Servings with 200 calories, 1.5 grams of fat, 2 mg cholesterol, 340 mg of sodium, 40 grams of carbs, 5 grams of fiber, and 8 grams of protein per serving. Slainte!