

# NSWG2 CHOW BITS

## 22 AUGUST 2011

### What is the Most Important Meal of the Day?

For highly active persons, eating immediately after strenuous exercise is the most effective way to gain strength and recover quickly. A 2 hour delay in eating after exercise reduces the ability for carbohydrate to be used when compared to eating immediately after. Carbohydrate is used more than twice as much after exercise due to muscle being most sensitive to insulin (a growth hormone). "It is not just what you eat, but when you eat it" Dr. John Ivy – Author of "Nutrient Timing".

**Eating out a lot?? Skip the appetizers!** Cheap carbohydrates in forms of tortilla chips, biscuits and breadsticks can add hundreds of calories to these meals over time. An additional 150 calories/day can add 15 lbs a year! Opt for clear broth soups and/or green tossed salad with dressing on the side while waiting for the main meal.



Eating fat will NOT make you fat. Too many calories consumed will make you fat. Most "low-fat" or "fat-free" foods actually have just as many calories as their full-fat versions, because of added sugar and chemicals. Schedule a commissary tour to know more.

### *Recipe of the Week – Breakfast Trail Mix*

- ½ cup unsalted almonds
- ½ cup unsalted peanuts
- ½ cup dried apple pieces
- ½ cup raisins
- ½ cup oat cereal (such as cheerios)
- ½ cup bran flake cereal

Put all the ingredients into big bowl. Stir well with wooden spoon. Divide six equal amounts in small plastic bags.

### **2011 Men's Health Top Ten Foods**

#1 - **Quinoa** - pronounced "keenwa" is a grain with the most popularity these days. It is very much like rice, but loaded with nutrients, fiber and nearly twice the amount of protein with the best blend of amino acids. Its low carbohydrate and healthy fat benefits keep blood sugars stable and ideal for pre-diabetics and weight watchers. Add this boiled grain to a mixture of wilted spinach leaves, dried fruit of choice such as blueberries and cranberries, goat cheese, lemon juice and olive oil for a side dish with lean meat.

**8 and 22 SEPT 1330: Commissary Tour Training – RSVP at [lori.tubbs@nsweast.socom.mil](mailto:lori.tubbs@nsweast.socom.mil)  
Learning to Eat Better on a Busy Schedule brief-contact Lori for GMT**