



U.S. Department
of Veterans Affairs

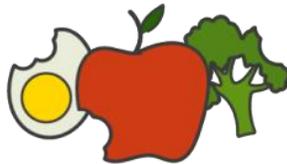
2020 2nd Quarter Edition

Healthy Living

Healthy Living Matters. Prevention Works.

Newsletter

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

 Academy of Nutrition
and Dietetics

Every little Bite of nutrition is a step in the right direction.

Small goals and changes can have a cumulative healthful effect. Nutrition doesn't have to be overwhelming. Here are four tips to get you started:

1. Vary Your Diet – Eat a variety of nutritious foods every day.
2. Meal Planning – Enjoy healthful eating at school, work & home.
3. Cook & Prep – Learn skills to create tasty meals to share and enjoy.
4. Visit a Registered Dietitian Nutritionist at your VA facility.

Source: Academy of Nutrition and Dietetics <https://www.eatright.org>

-  Get Recommended Screening Tests and Immunizations
-  Be Involved In Your Health Care
-  Manage Stress
-  Be Tobacco Free
-  Limit Alcohol
-  Be Safe
-  Strive for a Healthy Weight
-  Be Physically Active
-  Eat Wisely

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February Healthy Living Topic: Strive for a Healthy Weight



Maintaining a healthy weight can help you feel better and have more energy. It can also help prevent and control many chronic diseases and conditions. Being overweight or obese increases your risk for diabetes, high blood pressure, cholesterol problems, heart disease, gallbladder disease, female health disorders, arthritis, some types of cancer, and sleep apnea. Controlling your weight helps you stay healthy now and in the future.

Source: VA National Center for Health Promotion and Disease Prevention
<https://www.prevention.va.gov/>

Ways to Enjoy More Fruits and Vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and dietary fiber. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.*
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.

*See "Smart Tips to Build a Healthy Salad" handout at www.eatright.org/nutritiontipsheets for more tips on creating healthy salads.

Source: Academy of Nutrition and Dietetics



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the public's health and advancing the profession of dietetics through research, education and advocacy.





NATIONAL VETERANS WHEELCHAIR GAMES

These games changed my life. I've never been an athlete, not even in high school. But now I'm an athlete, because of the National Veterans Wheelchair Games.
- Twila Adams

Portland, Oregon

July 3 – 8, 2020

This year the Wheelchair Games will be celebrating its 40th anniversary! You can register to play or volunteer. Over the years, thousands of veterans with disabilities have gained the skills, confidence, and experience to take on challenges in the spirit of opportunity rather than limitation.

The National Veterans Wheelchair Games is the world's largest annual wheelchair sports event solely for military veterans. The event demonstrates the unstoppable character of veterans and seeks to foster wider respect for all people with disabilities.

The Wheelchair Games is open to all U.S. veterans with spinal cord injuries, amputations, multiple sclerosis, or other central neurological conditions who require a wheelchair for athletic competition. Every year, hundreds of American heroes from World War II, the Korean War, the Vietnam War, the Gulf War, and the post-9/11 era compete in this celebration of courage and camaraderie.

Source: www.wheelchairgames.org

March Healthy Living Topic: Eat Wisely – A Focus on Nutrition



Eat wisely to maximize your health.

- Focus on variety, nutrient density, and amount.
- Limit calories from added sugars, sodium, alcohol, and saturated or trans fats.
- Include healthier food and beverage choices to reduce risk for chronic disease.

Key recommendations can be found on the National Center for Health Promotion and Disease Prevention website under the Healthy Living drop down list.

Source: VA National Center for Health Promotion and Disease Prevention

<https://www.prevention.va.gov/>

Smart Food Choices for Healthy Aging

You may need to make some changes in your food and beverage choices to achieve a healthy eating pattern. It's easier than you think!

A healthy eating pattern is not a rigid prescription. Rather, it is a framework that lets you enjoy food that meets your personal preferences and fits your budget. To encourage healthy eating patterns, the [Dietary Guidelines](#) suggests that you:

1. **Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a [healthy body weight](#), meet [nutrient](#) needs, and lessen the risk for [chronic disease](#).
2. **Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all [food groups](#) in recommended amounts.
3. **Limit calories from added sugars and saturated fats, and reduce sodium intake.** Cut back on foods and beverages that are high in [added sugars](#), [saturated fats](#), and sodium. Aim for amounts that fit within healthy eating patterns.
4. **Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Choose foods you like to make these shifts easier to maintain.
5. **Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns, at home, school, and work and in communities

SHIFT FROM:

Medium café latte made with whole milk



SHIFT TO:

Small café latte made with fat-free milk



For more information on Healthy Food “Shifts,” go to website listed below.

<https://www.nia.nih.gov/health/smart-food-choices-healthy-aging>

Sheet Pan Teriyaki Salmon

A one pan dinner! Quick. Fast. High in Vitamin D and So flavorful. With your veggies right alongside your main entrée makes for speedy cleanup!

Yields: 4 servings

Prep time: 10 minutes

Cook time: 20 minutes

Total time: 30 minutes

Ingredients*:

4 (5 oz) salmon filets
 16 oz fresh green beans, trimmed
 2 carrots, peeled, cut diagonally in ¼ in slices
 Half cup low sodium teriyaki sauce
 2 Tablespoons Olive Oil
 2 green onions, thinly sliced
 Half teaspoon sesame seeds

Directions:

1. Preheat oven to 400 degrees F. Lightly oil a baking sheet or put tin foil down on the baking sheet then add oil or nonstick spray.
2. Place salmon, green beans and carrots in a single layer on to the prepared baking sheet.
3. Spoon teriyaki sauce over the salmon.
4. Drizzle green beans and carrots with olive oil.
5. Place into oven and cook until the fish flakes easily with a fork, about 16-18 minutes. *
6. Serve immediately, garnish with green onions and sesame seeds, if desired.

Note: Cooking time will vary depending on the size and thickness of the salmon filets. FDA recommends internal temperature of fish to be 145 degrees F.

*Recipe adapted from Pinterest.

Recipe Submitted by Lori Ruckhaber, RDN,
 Spokane MOVE! Coordinator

Nutrition Facts

Servings	4
Nutrition Facts (per 1 Serving)	
Calories	390
Total Fat	18.4 g
Sat. Fat	1 g
Polyunsaturated	0.8 g
Monounsaturated	5 g
Cholesterol	81.3 mg
Sodium	450.2 mg
Total Carbohydrates	8.3 g
Dietary Fiber	3.7 g
Sugar	4.4 g
Protein	37.2 g
Calcium	5.9 %
Iron	10.1 %
Potassium	271.8 mg
Vitamin A	5.3 %
Vitamin C	7.5 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your individual needs.

Online Recipe Resources

U.S. Department of Veterans Affairs

[Nutrition & Food Services](#)
[Healthy Teaching Kitchen](#)

[U.S. Department of Health & Human Services](#)

United States Department of Agriculture

[MyPlate Kitchen](#)

[Produce for Better Health Foundation](#)



A JOURNEY

Shawn had issues with weight, “all his life.” His VA provider, Dr. Grant, encouraged him to work on losing weight and in 2008 he joined the MOVE!® program. Using different modalities- individual, group and phone, he lost more than 60 pounds- going from 280 pounds to 213 pounds. He continued to attend MOVE!®, his weight fluctuated going up to 243 pounds. In 2017, he was diagnosed with diabetes and started on metformin. He felt he needed to do something. His MOVE!® Dietitian, Deedee Brandeberry, encouraged him to try something different. Shawn joined Weight Watchers and shared: “I said I was going to give it 90 days and just focus on this and nothing else.” Shawn lost more than 50 pounds over the next year and has kept it off for one year.

REASONS FOR SUCCESS

- Making a decision to just work on it for himself and lose the weight.
- Being in a program.
- Working out 3-4 times a week- to include cardio and strength training.
- Eating healthy and tracking.
- Mixing it up- trying something different.

Shawn is able to “have more movement and less aches and pains.” He is no longer on metformin and continues to exercise regularly and eat healthy. Shawn also continues to attend Weight Watchers and MOVE!® individual appointments.

ADVISE TO OTHER VETERANS

“Work with your VA providers and don’t give up. I am 72 and lost a lot of the weight in the past few years. It’s worth it even when you are older. **You can do it.**”

Submitted by Deedee Brandeberry, BS, RD, LD, CDE,
Alaska MOVE!® Coordinator

Alaska MOVE!® Success



(Shawn Warner before)

“The MOVE!® program gave me the latitude so I could achieve my goals and think outside the box.”



(Shawn Warner after)

Shawn Warner lost 101 pounds over the course of eleven years with a combination of participating in the MOVE!® Program and Weight Watchers.

Congratulations to Shawn and all the Veterans out there making positive lifestyle changes to improve their health!

P N E G N A R O V O D A C O V A M U H P D G L R X V
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RED: Apple, Raspberries, Tomatoes, Watermelon

GREEN: Avocado, Broccoli, Kale, Kiwi, Okra, Peas, Zucchini

WHITE: Chicken, Mushroom, Onion, Pita, Popcorn, Rice, Yogurt

YELLOW: Banana, Cornbread, Grapefruit, Lemon, PeanutButter, Pineapple

ORANGE: Cantaloupe, Mango, Orange, Papaya, Salmon, Sweetpotato

PURPLE: Beets, Eggplant

BROWN: Beef, Oatmeal, Tortilla, Tuna, Walnuts, Pasta

MULTI-COLOR: Beans, Pear, Peppers, Squash

Healthy Teaching Kitchen

Cooking classes are available at the following VAs in the NW region:

- VA Portland
Portland & Vancouver
Appointment Required
(503) 273 – 5112
- VA Spokane
Thursdays 9:30 - 11am
CLC Dining Room
(509) 434 – 7657



VA Spokane dietitians Julie Baldwin and Lori Ruckhaber, also MOVE! Program Coordinator, are pictured here, ready to show Veterans and their families how to prepare healthy food choices. You can also find video recipes online through the Veterans Health Administration YouTube channel under their playlists. Look for [Healthy Teaching Kitchen](#).



ALASKA VA HEALTHCARE SYSTEM

MOVE! (907) 257 – 4890

WHOLE HEALTH (907) 257 – 5453

HEALTH PROMOTION (907) 257 – 4726

BOISE VA MEDICAL CENTER

MOVE! (208) 422 – 1000 EXT. 7917

VA PORTLAND HEALTH CARE SYSTEM

MOVE! (503) 220 - 3482

VA PUGET SOUND HEALTH CARE SYSTEM

MOVE! (800) 329 – 8387 EXT. 76683

VA ROSEBURG HEALTHCARE SYSTEM

MOVE! (541) 440 – 1000 EXT. 45755

MANN-GRANDSTAFF (SPOKANE) VA MEDICAL CENTER

MOVE! (509) 434 - 7030

VA SORCC (WHITE CITY)

MOVE! (541) 826 – 2111 EXT. 7472

JONATHAN M. WAINWRIGHT (WALLA WALLA) VA MEDICAL CENTER

MOVE! (509) 946 - 1020



This newsletter brought to you by your local MOVE! Program Coordinators and the VISN20 Healthy Living Committee.