



Hanford Occupational Health Services

Inside Out

Fit For Duty—A Hanford Patrolman Loses Over 60 Pounds! *by Kelly Harnish, MCHES, Health Education Specialist*

Ruben Hernandez had no shortage of reasons to lose weight. As a patrolman for Hanford, he is required to meet a specific standard of health, perform physically demanding tasks, and quickly respond to intense and unexpected situations. But when his father, a thin and active man, required bypass surgery, it hit Ruben close to home. He knew there was a strong family history of heart disease, but now he realizes that even healthy and active family members weren't immune from risk. His daughter, a nurse, told him that with his family history along with his excess weight, it wasn't a matter of "if", but "when" Ruben would suffer a heart attack. Ruben decided that he couldn't fix his family history, but he could do something about his weight. It was time for a change.

At the beginning of this year, Ruben weighed in at 275 pounds, and now he weighs about 210 pounds. It hasn't been easy, but Ruben has made sure he's prepared each day to be successful. His job requires eating on the road quite a bit, so he packs easy meals consisting of lean meat, beans, fruit, nuts, and vegetables planned ahead of time. He uses canned foods for convenience, but rinses all the food to remove sodium. Ruben has also cut out soda and much of the processed foods he used to eat. In addition, all-you-can-eat buffets and other food environments were off limits to him until he felt he had the willpower to control his choices and portions. As of now, Ruben never goes to bed full and if he has a craving for an unhealthy food, he drinks a large glass of water or eats a piece of

fruit instead. If a certain craving doesn't go away, a small indulgence allows him to not feel deprived.

Ruben still has plans to lose more weight. When asked what advice he might offer someone who wants to lose weight, he said, "Don't look so far in the future; just take it a day at a time. Keep going in that direction. In time, it will happen if you stay focused and don't get discouraged if the results don't happen as fast as you want them to." He looks forward to the years he gets to spend with his family, enjoying his better quality of life.

Congratulations Ruben!



"Don't look so far in the future; just take it a day at a time."

FOOD FOR LIFE Nutrition and Cooking Classes



"How Foods Fight Diabetes"

Tuesday, August 21, 2012

2-4 PM

WSU-Tri-Cities

CIC Room 120

Richland, WA

FREE to attend for employees and their spouses.

Register: 509-376-3939

Or

ahew@rl.gov

WATCH FOR UPCOMING EVENTS:

August

Site Health Fairs (9th)

Summer Recreation Challenge (ends 10th)

Workfit Leader Training (13th)

September

Workfit Leader Training (7th)

Site Health Fairs (13th)



Select a link or visit our website: www.hanford.gov/amh

Reading Food Labels

by Veronica Whitish, Health Education Specialist

Learning how to read and understand food labels helps with balancing proper nutritional levels and contributes to a healthy body weight. The Nutrition Facts label is required by the FDA and provides detailed information about the nutrient content of the product. Knowing this information can help you decide whether a food or beverage fits in to your eating plan or is appropriate if you have certain health conditions, such as high blood pressure or high cholesterol. Food labels also enable you to compare similar products to see which one might be a healthier choice. Food labels are a great tool to help plan healthy and well-balanced meals.

Here are some tips for making the most of the information on the Nutrition Facts label:

Start here. Notice the size of a single serving and how many servings are in the package.

Check total calories per serving. How many servings are you really consuming? If you double the servings you eat, you double the calories and nutrients.

Limit these nutrients. The food label must list the amounts of total fat, saturated fat, trans fat, cholesterol, sodium and sugars per serving. Tracking these nutrients will assist you in limiting your consumption.

Get enough of these nutrients. Make sure you get 100 percent of the fiber, vitamins and other nutrients you need every day.

Quick guide to % DV. The % DV section tells you the percent of each nutrient in a single serving, in terms of the daily recommended amount. Remember that the information shown in these panels is based on 2,000 calories a day. You may need to consume less or more than 2,000 calories depending upon your age, gender, activity level, and whether you're trying to lose, gain or maintain your weight. Find out your personal daily limits on [My Fats Translator](#).

Adapted From the [AHA](#) and [Mayo Clinic](#)



Clinic Service Highlight:

CASE MANAGEMENT

When employees are sick or injured, both their personal lives and the company's work flow is affected. Case Management is a comprehensive process that follows patients through treatment and recovery, tracking their readiness to return to work and whether light or modified duty is necessary at the outset. Both employees and employers appreciate knowing what to expect and how to plan for their future. CSC HOHS also has a dedicated Beryllium Case Manager who coordinates the Beryllium Surveillance Program and provides support to workers with previous and current (or the potential for) exposure to beryllium on the Hanford Site.

Invite us to be a guest at your next work group meeting.

August Featured

Presentation:

"Reading Food Labels"

To schedule a presentation, contact us!

Email: ahew@rl.gov

Phone: 376-3939

Healthy Recipes

Grilled Corn Salad

Serves: 6—servings

Ingredients:

- 6 ears freshly shucked corn
- 1 green pepper, diced
- 2 Roma (plum) tomatoes, diced
- 1/4 cup diced red onion
- 1/2 bunch fresh cilantro, chopped, or more to taste
- 2 teaspoons olive oil, or to taste
- salt and ground black pepper to taste

"A yummy and easy side for hot summer days! Goes great with your grilled dishes."



Preparation:

1. Preheat an outdoor grill to medium heat; lightly oil the grate.
2. Cook the corn on the preheated grill, turning occasionally, until the corn is tender and specks of black appear, about 10 minutes; set aside until just cool enough to handle. Slice the kernels off of the cob and place into a bowl.
3. Combine the warm corn kernels with the green pepper, diced tomato, onion, cilantro, and olive oil. Season with salt and pepper; toss until evenly mixed. Set aside for at least 30 minutes to allow flavors to blend before serving.

PER SERVING:

Calories	103
Total Fat	2.8 g
Cholesterol	0 mg
Sodium	82 mg
Carbohydrate	19.7 g
Dietary fiber	3.3 g
Protein	3.4 g

Click here for: [Healthy Recipes](#)