

AMH *InsideOut*

National Nutrition Month

If you know AMH Health and Wellness, then you know that every month is nutrition month! In March, there was nationwide focus on promoting good nutrition and smart food choices. The American Dietetic Association sponsors National Nutrition Month® with the theme “Nutrition From the Ground Up.” The key messages from the ADA include:

- Start with the basics. Eating right does not have to be complicated. A healthy eating plan emphasizes fruits, vegetables, whole grains, low-fat or fat-free dairy and includes lean meats, poultry, fish, beans and nuts. A healthy eating plan is also low in saturated fats, trans fats, cholesterol, salt and added sugars.
- Make calories count by thinking nutrient-rich rather than “good” or “bad” foods. Most food choices should be packed with vitamins, minerals, fiber and other nutrients — and
- lower in calories. Be aware of portion sizes. Even low-calorie foods can add up when portions are larger than you need.
- Focus on variety by eating foods from all the food groups. Fruits and vegetables can be fresh, canned or frozen. Look for locally grown produce that is in season. Vary protein choices with more fish, beans and peas. Include at least three servings of whole grain cereals, breads, crackers, rice or pasta every day.
- Make the most of family mealtime. Eating meals together provides the opportunity to help children develop a healthy attitude toward food. It also enables parents to serve as role models, introduce new foods and establish a regular meal schedule.
- Balancing physical activity and a healthful diet is your best recipe for managing weight



and promoting overall health and fitness. Set a goal to be physically active at least 30 minutes every day.

Remember the food guide pyramid from elementary school? Well, it’s had a makeover and now includes a more comprehensive look at food and physical activity. MyPyramid.gov is an excellent resource for nutrition information. AMH also has an [interactive nutrition program](#) on its website to help you learn how to make good food choices. If you have any questions about nutritional choices that are right for you, you can call AMH Health Education at 376-3939 or email at AHEW@rl.gov.

Spotlight: A True Champion



This month, we would like to recognize Debbie Kane, from the HAMMER Training Center, for enthusiastically bringing health education services to her work group. Since we meet Debbie in 2008, she has organized multiple health presentations, health fairs, and weight management classes. In 2010, she joined the AMH Health Champions group to learn more about how to promote a healthy work environment for her peers.

Debbie is always smiling, always kind, and so it’s no wonder that when she coordinates a program, people attend. Because of her work, more employees at HAMMER are aware of services offered at AMH, and have greater awareness of health topics such as diabetes or breast cancer. She is a true ambassador of the services we offer here at AMH, and a terrific asset to her colleagues. Thanks Debbie!

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

April Feature Presentation:

“GROCERY SHOPPING & FOOD LABEL READING”

by Shannon Haselhuhn or Kelly Harnish

Nutrition Facts	
Per 125 mL (87 g)*	
Amount	% Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g	0 %
+ Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

E-mail: AHEW@rl.gov
Phone: 376-3939

WATCH FOR UPCOMING EVENTS WITH AMH

April
[Weight Loss Convoy \(ongoing\)](#)
[Site-Wide Nutrition Challenge \(5th-29th\)](#)
[Site-Health Fairs \(8th\)](#)

May
[Weight Loss Convoy \(ongoing\)](#)
[Site-Health Fairs \(13th\)](#)
[Health & Safety Expo \(18th-19th\)](#)

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



AMH Weight Loss Convoy Update

As you've probably heard, AMH Health Education is focusing its energy on changing the weight of the Hanford Site. With our new online tool, the [Hanford Highway to Health](#) (join today), we are compiling total pounds lost by Hanford employees in 2010. The pounds are adding up, as we inch toward 1,500 pounds lost to date. With an ultimate goal of losing 4,000 pounds this year, the work is far from over, but congratulations on a great start!



In the process of this weight loss initiative, we have started a Weight Loss Convoy class. In the past we have hosted several 5-10 week weight management and nutrition education courses across the Site. These classes allowed us a great opportunity to provide some tools for people to begin a journey toward a healthy weight, but for our participants with super-sized goals, we were just barely getting started when the course was ending. The solution: a year-long, results-focused weight loss program providing participants the opportunity to achieve those big goals with support ALL along the way. To join the Weight Loss Convoy, the commitment is a tall order, as participants:

- Must have 100 or more pounds to lose
- Commit to attending weekly meetings (Tuesday evenings 4:00-5:00pm at the AMH Clinic)
- Submit weekly food journals and homework

- Commit to active participation with the group class, and in pursuing their goals

On January 12th, 2010 we kicked off our first meeting with a group of 27 participants. This group pledged to lose a total of 1,918 pounds through the 48 weeks to follow. To date, we are ten weeks in to the class, and the group has collectively shrunk by an amazing 345 lbs. A couple of Convoy participants had the following comments about the program:

"Being part of the Weight Loss Convoy group for the past 10 weeks has been a motivating experience for me. We are not a 'diet group,' there are no quick fixes. We have all made a year commitment and are working to gain knowledge to be healthier. We share recipes, healthy food ideas, exercises, and provide moral support for each other. Our common goal is that we all want to be healthier and thinner. Can't wait to see what everyone looks like in January 2011." -Convoy Participant, Robbie Klosky

"When we were asked to pledge a total weight loss for the year I was scared to commit, but the convoy group provides support unmatched by other programs I've been a part of before so I just jumped in feet first. Since class started I've been successful in not only weight loss, but in truly understanding what I need to do in order to reach my weight loss goals, not just for this year, but for a lifetime. Each week I'm excited for class to see what's in store for us, unlike other past programs where I normally dreaded "weigh-in" day, I look forward to turning in my homework!" -Convoy Participant, Lynn Gates

With the hard work and commitment that participants like Robbie and Lynn are putting forth, the sky is the limit for this group, and we look forward to following their progress in to the new year.

Announcing the 2010 Site-Wide Nutrition Challenge!

Building good nutrition habits can give you a lifetime of health benefits, including a healthy heart, a strong immune system, and greater energy. You can even look your best when you eat healthy! Eating right can give you clear and healthy skin, shiny hair, and can help you reach or maintain your best weight. For all those reasons, this month we challenge you to sharpen your nutrition skills, and get points for all your great habit-building activities.

Participants in the challenge will receive points for consuming their daily dietary fiber, fruits, vegetables, water, and limiting their daily consumption of saturated fats.

Participants can also earn 1-time points for the following:

- 5 points for visiting our online meal analyzer (http://www.hanford.gov/amh/Nutrition/sub_meal.html)
- 5 points for looking up the calorie information of 5 foods at www.calorieking.com
- 15 points for printing your caloric needs by using the Nutrition and Exercise Tracker located inside the [AMH Health Challenge Tracker](#) on the right side of your Dashboard.

Eligible participants will be entered into a drawing for a "Healthy Heart" cookbook to give you continued support in your nutrition.

Join the Nutrition Challenge on April 5th at www.amhchallenge tracker.com.

Healthy Recipes

Chicken Fajitas

Serves 12

Ingredients:

- 1/4 cup lime juice
- 1 or 2 cloves garlic, minced
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 3 pounds boneless, skinless chicken breasts
- 1 large onion, sliced
- Half a green sweet bell pepper, slivered
- Half a red sweet bell pepper, slivered
- 12 whole-wheat 8-inch tortillas
- 1/2 cup salsa
- 1/2 cup fat-free sour cream
- 1/2 cup low-fat shredded cheese



Preparation:

Cut chicken breasts into 1/4 inch strips. Combine the first four ingredients in a large bowl. Add chicken slices and stir until chicken is well coated. Marinate for 15 minutes. Cook chicken in pan on grill or stovetop for 3 minutes, or until no longer pink. Stir in onions and peppers. Cook 3 to 5 minutes, or until done to your liking. Divide mixture evenly among tortillas. Top each with 2 teaspoons salsa, 2 teaspoons sour cream and 2 teaspoons shredded cheese. Roll up and serve.

Dietitian's tip: It's easier to slice the chicken when it is still partially frozen rather than waiting until it's completely thawed. Add your favorite hot pepper along with the sweet peppers to give this dish a higher heat index.

For more: [Healthy Recipes](#)

PER SERVING: 1 filled tortilla

Calories	334
Total Fat	9
Saturated Fat	2
Cholesterol	68
Sodium	689
Carbohydrate	30
Dietary fiber	6
Protein	34
Iron	0
Calcium	77
Potassium	382