

The DJJ
Healthy
Way

March 2016

An exploration of health and wellness in and around our community.



Savor the Flavor of Eating Right with National Nutrition Month

This year, the Academy of Nutrition and Dietetics wants you to *Savor the Flavor* while following a healthy eating pattern for National Nutrition Month. The *Dietary Guidelines for Americans* recommend limiting added sugar, sodium, and saturated fat in our diet; these three small components can pack a big punch to your health if not controlled over time. Here are some tips on making small changes that can make a positive impact:

Sugar: The 2015-2020 *Dietary Guidelines* recommend consuming less than ten percent of your calories per day from added sugars. The most significant sources of added sugar in the American diet are sugar sweetened beverages from sodas, juices, and energy elixirs, and your favorite flavored coffee drinks. Drinking one sugar sweetened soda per day translates to almost 50,000 calories in a year. Swapping to diet drinks, water or unsweetened coffees and teas will give your body a big relief.

Sodium: Guidelines tell us that we should consume no more than 2,300 mg of sodium per day and less in the presence of certain health conditions. The average American consumes over 3,400 mg of sodium per day. Eating fresh, home prepared meals can keep us closer to the daily sodium recommendations. Prepared foods such as fast foods, frozen dinners, or canned soups, can contain large amounts of salt. For example, a single McDonalds Big Mac contains over 1,000 mg of sodium.

Saturated Fat: Saturated fats, particularly from animal sources, have been linked to heart disease. *Dietary Guidelines* tell us to limit saturated fats to no more than 10% of our daily calorie intake and the American Heart Association suggesting a 6-7% threshold. Limiting fried foods, swapping butter or lard for vegetable based oils, and choosing leaner meats such as fish or poultry can all help to make our saturated fat reduction goals attainable.

Despite these suggested dietary limitations, there are many things that we can savor from a food perspective this month! As the warm weather creeps in, enjoy a spring menu full of herbs and spice, including the following Thai Basil Salad that will have you enjoying every bite.

Recipe of the Month

Thai Basil Salad

Serves 4

The sound of Fish Sauce have you scared? Let your adventurous side prevail, because this savory sauce packs the perfect umami punch.

Ingredients:

- 1 T fish sauce, divided
- 1 T low-sodium soy sauce
- 2 tsp sugar, divided
- 1 lb skinless, boneless chicken breast, trimmed of fat
- 1 tsp minced garlic
- 2 T fresh lime juice
- 1 T dark sesame oil
- 1 1/2 Thai chiles, very thinly sliced
- 2 C Thai basil leaves
- 1 English cucumber, halved crosswise and shaved lengthwise
- 1 C sweet basil leaves, large leaves torn in half
- 1/3 C cilantro leaves
- 1/3 C thinly sliced shallots

Directions:

1. Preheat grill to high heat.
2. Combine 1 tsp fish sauce, soy sauce, and 1 tsp sugar in a large zip-top plastic bag. Add chicken; seal bag, and shake to coat. Let marinate for 15 minutes.
3. While chicken marinates, mash garlic with flat side of a knife to form a paste; place in a bowl. Add remaining 2 tsp fish sauce, remaining 1 tsp sugar, lime juice, oil, and chilies to garlic, stirring well; let stand at room temperature 15 minutes.
4. Remove chicken from bag. Place chicken on a grill rack coated with cooking spray; grill 6-8 minutes on each side or until chicken is done. Remove chicken from grill. Let stand for 5 minutes. Cut chicken into slices.
5. Place Thai basil leaves, cucumber, sweet basil leaves, cilantro leaves, and shallots in a large bowl; toss gently to combine. Divide salad and chicken evenly among 4 plates; drizzle evenly with dressing.



Getting to Know Our Staff: Debra McDuffie

Debra is the Food Service Director at Eastman YDC

I've been with the DJJ for: "18 Years"

My favorite part of my job: "Providing nutritious meals to our residents"

My advice for our youth:

"Respect others"

A movie I'll never get tired of watching is: "Steel Magnolias"



Focus on
Facilities

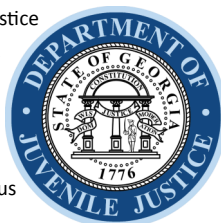
Calling on our Community

Although little known, the US Department of Agriculture has a Cooperative Extension Program that has been running for over 100 years. Each county in Georgia has an Cooperative Extension, a place where non-formal education and activities are available to the community. Each location emphasizes delivery of knowledge to the people it serves, including DJJ youth. Of special interest to DJJ are the 4-H programs that emphasize youth development and mentoring programs.

Contact your county's local Cooperative Extension today to bring a positive learning experience to the youth. More information about Georgia Extensions can be found online at www.extension.uga.edu




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Office of Nutrition & Food Services
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Ideas for our next issue?
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Spotlight on Food Trends: Using Tech to Get on Track



Whether intended or not, technology has given us the opportunity to become the ultimate couch potato at home. A click of the mouse or the tap of a screen can have groceries, take-out, gifts, even *cars* delivered right to your door without ever leaving the sofa. While this convenience can be a positive, we're aware that we should all exercise and move more in our lives. Technology can help with this as well by matching the allure of convenience with motivation for improvement. These apps are available for both Apple and Android:

Coach.Me: A web and mobile app that allows  you to set goals, reminders, and a social network for support and accountability. Whether working on weight management or waking up on time, this app makes new healthy habits a breeze.

 **Charity Miles:** This app makes your steps truly count. Sign up for a charity of your choice, and then watch as you earn cash for steps. Each year, the amount of cash you've earned for steps will be donated to your selected charity.

MyFitnessPal: With the most exhaustive food database of any food tracking app, MyFitnessPal makes keeping a food diary a breeze. With the handy barcode scanner, the spoonful of peanut butter you swiped for a snack can be logged in seconds. This app also comes  with a strong user community and healthy diet tips.