

NSWG2 CHOW BITS

29 AUGUST 2011

Milk: Full or Low Fat?

Research shows that low-fat dairy is more effective at protein synthesis and replenishing muscle protein balance than high-fat dairy. Too much fat during exercise recovery slows down the delivery of nutrients to tissues. Low-fat milk as a post-exercise resistance training meal has been associated with

- greater reduction in overall body fat
- increased muscle growth
- greater muscle maintenance

Recipe of the Week – Crockpot Chicken Stuffing

- 4 to 6 boneless chicken breasts
- 1 regular size box stove top stuffing mix for chicken
- 1 (10 oz.) bag frozen, chopped broccoli, thawed
- 1 can cream of broccoli with cheese soup
- 1/2 C. chicken broth

Directions

Lightly spray the crockpot and place chicken in the bottom. Mix together the remaining ingredients and place on top of chicken. Cover and cook on low for 6 to 7 hours.

Did You Know??

Always wash cherries in clean, cold water before eating, but not until right before using them because excess water moisture can accelerate decay. Choosing cherries with stems attached will last longer. They do not ripen or get sweeter after they are picked.

25 AUG 1330: Commissary Tour Training – RSVP at lori.tubbs@nsweast.socom.mil
Learning to Eat Better on a Busy Schedule -contact Lori if interested

References Cited by American Dietetic Association, National Strength and Conditioning Association and www.delish.com