

NSWG2 CHOW BITS

15 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 – Grilled Zucchini with Fresh Mozzarella

3 zucchini (about 1 lb) cut lengthwise into ¼ inch slices
2 tablespoons olive oil
¼ t wine vinegar
1 clove minced garlic, salt and pepper
1 tablespoon chopped flat-leaf parsley
½ lb salted fresh mozzarella (cut into thick slices)

Light the grill or heat the broiler. Toss zucchini with 1T oil, ¼ t salt and 1/8 t pepper. Grill/broil zucchini, turning once, about 5 min/side. Put zucchini back in bowl. Toss the zucchini with ½T of oil, 1/8 t pepper, the vinegar, garlic and parsley. Let cool. Put mozzarella slices on a serving plate, drizzle them with ½ tablespoon oil and sprinkle them with a pinch of pepper. Fold the zucchini slices in half and tuck between the slices of mozzarella.

Cherry Season is Almost Over

This “super fruit” is antioxidant-rich with good sources of vitamin C, fiber and potassium. Consider cherry cobbler vs cherry pie to cut calories. Add dried cherries to salad greens and goat cheese. Tart cherry juice is also used as a post-exercise recovery drink by trainers to reduce inflammation. Cherries have potential health benefits in lowering inflammation associated with arthritis, and reducing cancer and heart disease.

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