



... It's Worth the Trip!



THINKING OUTSIDE THE BOX

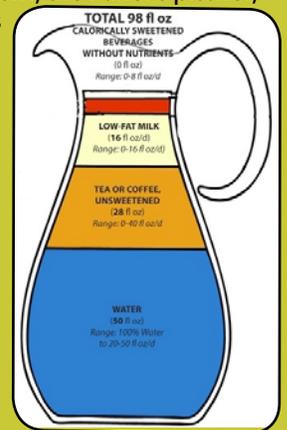
Tuna Steak Packets & Pasta

Planning meals is mostly focused on the food on the plate. However, the choice and the amount of certain types of beverages also play an important role in health. What we drink accounts for nearly 21% of the daily calories in the average American's diet. Studies show, most people don't adjust their calorie intake from the foods they eat to account for the calories from beverages which may lead to excess calories, sugars, and weight gain.

Fluid needs vary depending on age and level of physical activity along with other factors. The Institute of Medicine has set the levels for adequate intake of 125 oz. for men and 91 oz. for women. For most, about 80% of this intake comes from beverages; the rest comes from food (especially fruits and vegetables).

The U.S. Beverage Guidance Panel, made up of leading nutrition experts, determined water is the best beverage to meet fluid needs and promote optimal health. It provides everything the body needs. This doesn't mean that water is the only beverage that's good for your health or your favorite beverages can't be consumed. The Panel advised Americans to aim to limit their calories from beverages to less than 10%. To assist Americans with building a healthy beverage pattern, the Panel's pitcher, provides a great visual. In addition, see the text box for additional guidance for recommended limits on beverages for adults.

There are many ways to flavor water without adding lots of sugar and calories to overcome "boring water." Add just a touch of 100% juice to water by using a 1 to 8 ratio (1 oz. of juice to 8 oz. of water). Also, experiment with slices and zests of fruits, herbs, like mint, or adding sliced cucumbers to your water. The combinations are limitless. Aim to drink water throughout the day and with at least 2 of your meals. Save money while eating out and be sure to order the free water with your meals.



The Beverage Guide

- At least half of daily fluid needs should be met with water. More is fine. (blue)
- 3-4 cups can come from plain coffee or tea. (orange)
- 2-3 cups from low-fat milk or nonfat milk. (cream)
- A small glass (4 oz.) of 100% fruit juice. (red)
- Ideally, zero drinks with added sugars or syrups-but limit to no more than 8 oz. (white)



Directions: Preheat oven to 450°

Serves: 4

1. In a pitcher, pour ½ cup of cranberry juice and 32 oz. of chilled water and then add 1 sliced lime. Put in refrigerator to stay cool.
2. Defrost 12 oz. of tuna steak(s) by submerging in cold water. (Do not use warm water because it will break up the fat in the fish). Pat dry.
3. Cut the tuna steak into 4 equal portions and marinate in 2 cups of cranberry juice for 5-10 minutes.
4. While the tuna is marinating, thinly slice 2 carrots and 2 celery ribs and start to bring a pot of water to boil.
5. Place one of piece of tuna on a piece of foil and spread carrots and celery evenly over fish. Repeat to make 4 packets. Wrap the packets and bake 10 minutes per inch of thickness. Discard marinade.
6. While the tuna is baking, cook 8 oz. of penne pasta, made with vegetables, according to package directions.
7. Remove the tuna packets from the oven and quickly drain the pasta.
8. Mix ½ of a 15-16 oz. jar of light or regular Alfredo sauce with the pasta.
9. Serve each plate with 1 tuna packet and ¼th of the pasta. Serve ¼ of the cranberry water in a chilled glass with each plate. If desired, serve a big wedge of your favorite melon as dessert.

NOTES:

- Freeze any extra juice in ice cube trays and add the cubes to your glasses of chilled water.

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

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