

KNOW HOW TO EAT HEALTHY WHILE AT SEA!

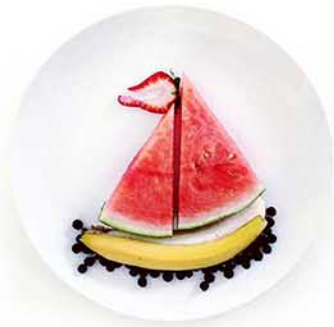


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Christmas Fruit Cake





Know How to Eat Healthy WHILE AT SEA

You are what you eat, apparently. Which can be very bad news if the food onboard is not up to scratch. What can you do if you are faced with too much fatty fried food? Is there a way to make your life onboard any healthier?

FUEL YOUR BODY, FUEL YOUR SOUL

A nutritious, well-balanced diet is a vital foundation of good health, and at sea it is vital to look after your body as well as your mind and soul. Healthy eating includes consuming high-quality proteins, carbohydrates, heart-healthy fats, vitamins, minerals and water, all the while minimising processed foods and saturated fats.

MEAL PLAN

Eating right helps maintain the body's everyday functions, promotes optimal body weight and can assist in disease prevention. It can also help with stress and fatigue. Food is a massively important part of any healthy lifestyle. Putting the right fuel in, is key to getting the best performance out.

NO MORE UNHEALTHY FOOD

Food and nutrition are as important as any other health and wellbeing ingredient – and are a vital part of any good lifestyle regime. The nutrients support the activities of day-to-day living, protect cells from environmental damage and repair any cellular damage that might occur. Protein rebuilds injured tissue and promotes a healthy immune system. Both carbohydrates and fats fuel the body, while vitamins and minerals function in support of the body's processes.

VITAMINS AND BENEFITS

Vitamins A, C and E act as antioxidants to protect cells against toxins, while vitamin B helps extract energy from foods. Calcium and phosphorus keep bones strong, while sodium and potassium help to transmit nerve signals.

OVEREATING IS AS BAD AS MALNUTRITION

For seafarers today, weight control is a major issue. On some ships, it is not uncommon for crews to consume over 4000 calories per day, per person. While the anecdotes may not be wholly true, quantity matters almost as much as quality when considering good eating habits. A healthy meal plan without excess calories helps you not only feel better but can prolong your life.

Consuming more than is burned, on the other hand, results in weight gain as the body converts extra calories to fat tissue. When fat tissue accumulates, then not only can it be uncomfortable and distressing – but there are also massive increases in the risk of developing one or more health problems, including heart disease, hypertension, respiratory issues, diabetes and cancer.

CONSEQUENCES OF BAD EATING HABITS

MLC tackles the issue of food because it is serious – it may not seem like the most important safety or operational issue, but when people are ill onboard, or suffer health problems because of a lack of good food, then it can be seen that this needs a real focus. It's not just about getting fat. Indeed, obesity is not the only nutrition-related cause of disease onset and progression. Too much or too little of certain nutrients can also contribute to health issues.

For instance, a lack of calcium in your diet can predispose people to developing osteoporosis, or weakening of bones, while too much saturated fat can cause cardiovascular disease, and too few fruits and vegetables in your nutrition plan is associated with an increased incidence of cancer. Consuming foods from a wide variety of sources helps ensure the body has the nutrients it needs to avoid these health problems. So the company needs to ensure that an adequate feeding rate is provided, and cooks need to have the skills and knowledge to keep their crews fed properly and well.

WHAT CAN YOU DO TO EAT WELL

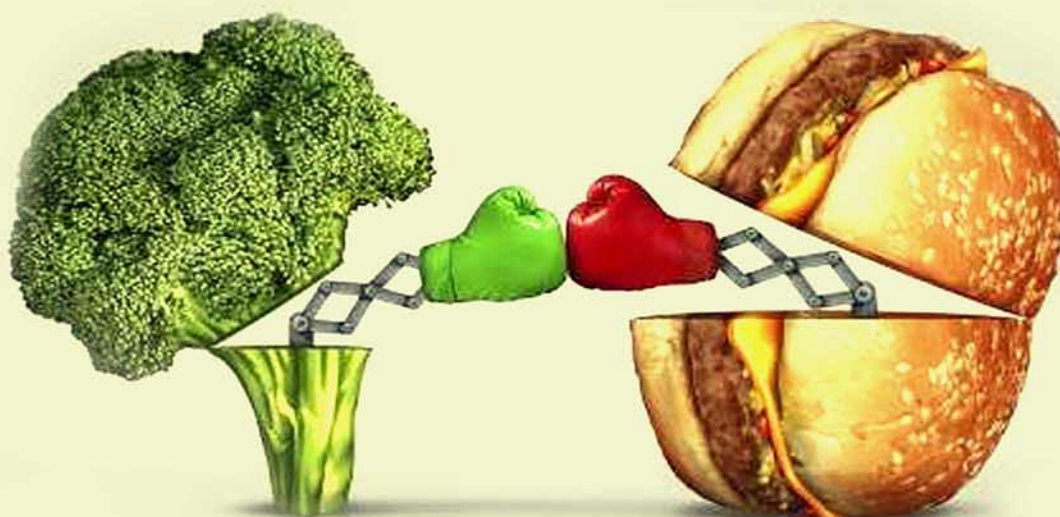
Most seafarers are used to eating fairly well at home – Asian and Indian diets are considered particularly healthy, so it can come of something of a shock to the system if the food at sea is not good enough. It can also be difficult for seafarers from various cultures and races to eat different food on an ongoing, sustained basis.

Where seafarers may not be used to potatoes or a high fat Western diet, there can be issues. While some Western seafarers do express concern if they have to sustain themselves on too many rice dishes. There is a balance which has to be maintained to ensure a nutritious approach to eating onboard.

So what can seafarers do to improve eating habits?

- First, and perhaps easiest change is to substitute water for high-calorie, sugary drinks. Water instead of carbonated beverages. Cut out the salt and avoid condiments – especially ketchup. While seafarers are unlikely to be able to influence the ingredients used, there are options when eating which can help.
- Sometimes it is about making some educated and sensible choices. Too many crisps or chips? Well it's probably time to offset the bad stuff with an apple – or something fresh and crunchy. If they are not provided onboard, then this is a legitimate issue to raise – as good things to eat should be part of the job.

Source: <http://www.crewtoo.com/crew-life/health/eat-healthy-while-at-sea/>



Eating a Balanced Diet

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.



Fruit and vegetables: are you getting your 5 a day?

Fruit and vegetables are a vital source of vitamins and minerals and should make up just over a third of the food you eat each day. It's advised that you eat at least five portions of a variety of fruit and vegetables every day.



There's evidence that people who eat at least five portions of vegetables and fruits a day have lower risks of getting heart disease, stroke and some cancers.

Starchy food in your diet

Starchy food should make up just over one third of everything you eat. Potatoes with the skins on are a great source of fibre and vitamins. For example, when having boiled potatoes or a jacket potato, eat the skin too.



Milk and dairy foods: go for lower-fat varieties

Milk and dairy food, such as cheese and yoghurt, are good sources of protein. They also contain calcium, which helps keep your bones healthy.



Beans, pulses, fish, eggs, meat and other proteins

These are all good sources of protein, which is essential for the body to grow and repair itself. They are also good sources of a range of vitamins and minerals. Meat is a good source of protein, vitamins and minerals, including iron, zinc and B vitamins. It is also one of the main sources of vitamin B12. Try to eat lean cuts of meat and skinless poultry whenever possible to cut down on fat. Always cook meat thoroughly.



Oils and spreads

Some fat in the diet is essential, but should be limited to small amounts. It's important to get most of our fat from unsaturated oils and spreads. Swapping to unsaturated fats can help lower cholesterol.

Eat less saturated fat and sugar

Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease, while regularly consuming foods and drinks high in sugar increases your risk of obesity and tooth decay.

Source: <http://www.nhs.uk/Livewell/Goodfood/Pages/Healthyeating.aspx>

Spending Holidays Away From Home? Here is What You Can Do!

Home is where one's heart belongs because it is where your family is – the people you love most and the people who love you most. It's bad enough to be living or working in a country away from them; but having to spend the holidays away from your loved ones can definitely get lonesome and sad. Below are ways of coping with spending the holidays away from home:



Take advantage of technology available today. If you are away from your family during Christmas, give them a call by using Skype or messenger! You might not be there physically, but you can still share the joy and laughter of the season, even if only virtually.



Send gifts earlier to avoid the holiday rush and to make sure they arrive on time. Of course, material things won't be able to replace your physical presence, but it will tell your loved ones that you thought of them during the holidays.

Send a simple email or a classy e-card to your family and friends. It's always good to know that someone remembers you and keeps you in his or her mind especially during the holiday season.



Be in touch with your faith. Use your time to be thankful for everything you have been blessed with. It is also timely that you think about what you want for your family and yourself in the coming year.

Enjoying the holidays with your fellow seafarers. Onboard, you will find people who share the same faith and beliefs, customs and traditions, and you can join them in their celebrations. You will be surprised to know that there are so many people like you, and you will be comforted in knowing that you are not alone.



MENU OF THE MONTH:

Christmas Fruit Cake

Ingredients:

- 1 cup (225 grams) unsalted butter, at room temperature
- 1 cup (210 grams) firmly packed light brown sugar
- 3 large eggs, at room temperature (165 grams without shells)
- 3 tablespoons (35 grams) alcohol (Grand Marnier, brandy, sherry, rum, etc.) plus extra for brushing the cake
- Juice and zest (outer orange skin) of 1 orange
- Zest (outer yellow skin) of 1 lemon
- 1 cup (100 grams) almonds, walnuts, pecans, or hazelnuts, coarsely chopped
- 2 1/4 pounds (1 kilogram) of an assortment of dried (apricots, figs, prunes, raisins, sultanas, currants, dried cranberries, dried cherries, etc.) and candied fruit (mixed peel and/or cherries), all chopped into bite sized pieces
- 2 cups (260 grams) all-purpose flour
- 3/4 cup (75 grams) finely ground almonds
- 1 teaspoon (4 grams) baking powder
- 1/2 teaspoon (2 grams) salt

DIRECTIONS:

1. Preheat your oven to 325 °F (160 °C).
2. Butter, or spray with a nonstick vegetable spray, an 8 inch (20 cm) spring form pan with a removable bottom.
3. Line the bottom of the pan with parchment paper. Also line the sides of the pan with a strip of parchment paper that extends about 2 inches (5 cm) above the rim of the pan.
4. In a separate bowl, whisk together the flour, ground almonds, salt, and baking powder.
5. In another large bowl place the dried and candied fruits, along with the chopped nuts. Remove about 3-4 tablespoons of the flour mixture and add it to this mixture, tossing well to coat all the fruits and nuts.
6. In the bowl of electric mixer, or with a hand mixer, beat the butter until creamy. Add the sugar and beat until light and fluffy. Add the eggs, one at a time, beating well after each addition. Scrape down the sides and bottom of your bowl as needed. Add the alcohol, orange juice, orange zest and lemon zest. Then beat or fold in the chopped nuts



Source: <http://www.joyofbaking.com/FruitCake.html>

- and all the dried and candied fruits. Then beat or fold in the flour mixture.
7. Scrape the butter into the prepared pan and, if desired, decorate the top of the cake with blanched almonds.
8. Place the spring form pan on a larger baking sheet. Bake in your preheated oven for 1 hour.
9. Reduce the oven temperature to 300 °F (150 °C) and continue to bake the cake for about 80-90 minutes or until a long skewer inserted into the center of the cake comes out with just a few moist crumbs.
10. Remove the cake from the oven and place on a wire rack to cool completely. Then, with a skewer, poke holes in the top surface of the cake and liberally brush with alcohol (brandy, Grand Marnier, sherry, rum or whiskey).
11. Wrap the cake thoroughly in plastic wrap and aluminum foil and place in a cake tin or plastic bag. Store in a cool dry place.
12. Brush the cake periodically (once or twice a week for about two to three weeks) with alcohol. This cake will keep several weeks or it can be frozen.



DID YOU KNOW?

That an egg contains every vitamin except Vitamin C.

Source: <http://www.diethealthclub.com/common-food-elements-and-diet-facts/eggs.html>



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