

# WELLNESS WORKS



This issue is all about healthy eating! It's Fruits and Veggies—More Matters month. Learn about healthy tips for incorporating more fruits and vegetables into your diet and the important nutrients found in these foods.

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## What Makes Fruits & Veggies So Healthy?



People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of heart disease, cancer, and other illness. Fruits and vegetables are high in vitamins and minerals. Plus, they're low in calories and do not have cholesterol. The American Heart Association recommends eating eight or more fruit and vegetable servings every day to make sure your body is receiving all the essential nutrients needed for optimal health.

### Key nutrients found in fruits and vegetables:

- **Calcium:** essential for healthy bones and teeth. It is also needed for normal functioning of muscles, nerves, and some glands.  
Examples include: collard greens, spinach, green soybeans, turnip greens
- **Iron:** needed for healthy blood and normal functioning of all cells. Without healthy red blood cells, your body cannot get enough oxygen.  
Examples include: apricots, lentils, spinach, chickpeas, white and pinto beans
- **Magnesium:** necessary for healthy bones and is involved with more than 300 enzymes in your body. Inadequate levels may result in muscle cramps and high blood pressure.  
Examples include: spinach, almonds, artichoke hearts, butternut squash, lima beans
- **Potassium:** helps to maintain healthy blood pressure. It also helps your muscles to move, your nerves to work, and your kidneys to filter blood.  
Examples include: sweet potatoes, tomatoes, bananas, cherries, kiwifruit, apricots
- **Fiber:** helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber-rich foods also help provide a feeling of fullness.  
Examples include: apples, raspberries, lentils, blackberries, pears, oranges, onions
- **Folate (folic acid):** helps the body form red blood cells. Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.  
Examples include: asparagus, broccoli, peas, spinach, strawberries, collard greens
- **Vitamin A:** keeps eyes and skin healthy and helps to protect against infections.  
Examples include: apricots, cantaloupes, carrots, lettuce, tomatoes, mangoes
- **Vitamin C:** important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.  
Examples include: bell peppers, brussels sprouts, cauliflower, squash, watermelons



## Healthy Snacks: Quick tips for parents

Help kids stay on the right track with healthy eating habits. These fruit and veggie snacks give kids important nutrients and help control hunger between meals.

### Try these healthy snack ideas:

- "Ants on a log" (celery with peanut butter and raisins)
- Fresh or canned fruit (canned in 100% juice, not syrup) with fat-free or low-fat yogurt
- Popsicles (to make, freeze 100% fruit juice)
- Vegetable "matchsticks" (thin sticks made from fresh carrots, zucchini, or bell peppers)
- Whole-wheat bread or apple slices with peanut butter
- Smoothie (use low-fat yogurt/milk, ice, and your favorite fruit)
- Dried fruit (try raisins, apricots, apples, or cranberries with no added sugar)
- Baked (not fried) tortilla chips and salsa
- Whole-wheat pita bread with hummus (dip made with chick peas)
- Unsweetened applesauce

Also, put fresh fruit in a bowl that's easy to reach in the refrigerator or on the kitchen counter. This will make it easier for kids, and yourself, to grab a healthy snack.'

## 4 Ways to Eat More Fruits & Veggies in Your Diet



As you know, fruits and vegetables provide many health benefits and should be part of a well-balanced and healthy eating plan. Eating more fruits and vegetables along with whole grains, lean meats, nuts, and beans is a safe and healthy way to lose or maintain weight. Here are some simple ways to incorporate more fruits and vegetables into your meals throughout the day.

### Breakfast: Start the Day Right

Substitute some spinach, onions, or mushrooms for one of the eggs or half of the cheese in your morning omelet. The vegetables will add volume and flavor to the dish with fewer calories than the egg or cheese.

Cut back on the amount of cereal in your bowl to make room for some cut-up bananas, peaches, or strawberries. You can still eat a full bowl, but with fewer calories.

### Lighten Up Your Lunch

Substitute vegetables such as lettuce, tomatoes, cucumbers, or onions for 2 ounces of the cheese and 2 ounces of the meat in your sandwich, wrap, or burrito. The new version will fill you up with fewer calories than the original.

Add a cup of chopped vegetables, such as broccoli, carrots, beans, or red peppers, in place of 2 ounces of the meat or 1 cup of noodles in your favorite broth-based soup. The vegetables will help fill you up, so you won't miss those extra calories.

### Dinner

Add in 1 cup of chopped vegetables such as broccoli, tomatoes, squash, onions, or peppers, while removing 1 cup of the rice or pasta in your favorite dish. The dish with the vegetables will be just as satisfying, but have fewer calories than the same amount of the original version.

Take a good look at your dinner plate. Vegetables, fruits, and whole grains should take up the largest portion of your plate. If they do not, replace some of the meat, cheese, white pasta, or rice with legumes, steamed broccoli, asparagus, greens, or another favorite vegetable. This will reduce the total calories in your meal without reducing the amount of food you eat. BUT remember to use a normal- or small-size plate — not a platter. The total number of calories that you eat counts, even if a good proportion of them come from fruits and vegetables.

### Smart Snacks

Need a snack at work? Instead of a high-calorie snack from a vending machine, bring some cut-up vegetables or fruit from home. Most fruits and vegetables will allow you to eat a snack with only 100 calories. For example:

- a medium-size: apple—72 calories; banana—105 calories
- 1 cup: steamed green beans—44 calories; blueberries—83 calories; grapes—100 calories; carrots—45 calories; broccoli—30 calories; bell peppers—30 calories

*Adapted from the Center for Disease Control and Prevention*



## Recipe of the Month: Grilled Salmon & Zucchini with Red Pepper Sauce

**Total Time: 35 mins.; Yields: 4 Servings**

### Ingredients:

1/3 cup sliced almonds, toasted  
 1/4 cup chopped jarred roasted red peppers  
 1/4 cup halved grape or cherry tomatoes  
 1 small clove garlic  
 1 tablespoon sherry or red-wine vinegar  
 1 teaspoon paprika, preferably smoked  
 3/4 teaspoon salt  
 1/2 teaspoon freshly ground pepper  
 1 1/4 pounds wild-caught salmon fillet, skinned and cut crosswise into 4 portions  
 2 medium zucchini or summer squash (or 1 of each), halved lengthwise  
 Canola or olive oil cooking spray  
 1 tablespoon chopped fresh parsley

### Directions:

Preheat grill to medium.

Process almonds, peppers, tomatoes, garlic, oil, vinegar, paprika, 1/4 teaspoon salt and 1/4 teaspoon pepper in a food processor/blender until smooth; set aside.

Coat salmon and zucchini (and/or summer squash) on both sides with cooking spray, then sprinkle with the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Grill, turning once, until the salmon is just cooked through and the squash is soft and browned, about 3 minutes per side.

Transfer the squash to a clean cutting board. When cool enough to handle, slice into 1/2-inch pieces. Toss in a bowl with half of the reserved sauce. Divide the squash among 4 plates along with a piece of salmon topped with some of the remaining sauce. Garnish with parsley.

*Recipe courtesy of Eating Well*

*You've got to go out on a limb sometimes because that's where the fruit is.*

— Will Rogers