



# Fit Business Tips of the Month

## SEPTEMBER

This month, make a pledge to “Fall Into Healthy Habits” with our Fit Business Tips.

- There’s a lot to learn about the health benefits of apples; this month’s fruit of the month.
- There are many healthy things you can do with zucchini, this month’s vegetable.

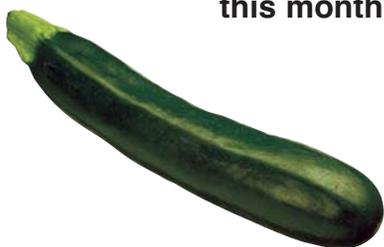
Enjoy the bounty of California produce while you use these educational tips to improve your health.

### QUICK AND SIMPLE TIPS

#### Choose Fruits and Vegetables During Your Workday

- Take time in the evening to pack delicious portable fruit. Apples and pears are perfect to throw in your purse, bag, or coat pocket and will help satisfy a late afternoon snack craving.
- Keep your salad fresh and tasty until lunchtime by using this layering trick to keep your greens crisp. Put your low-cal dressing on the bottom of your salad storage container, and then layer your fresh veggies on top of the dressing. Lastly, put your lettuce on top of the veggies. At lunchtime, mix your salad and enjoy!

**Try adding apples and zucchini,  
this month’s fruit and vegetable, to your daily meals!**





# September's Fruit of the Month

## A P P L E

### Health Benefits

Apples are a good source of Vitamin C and fiber and can be found in a variety of colors, including red, green, and yellow. Including apples, such as red apples, in your lowfat diet along with a colorful variety of fruits and vegetables will help you to maintain heart health, memory function, a lower risk of some cancers, and urinary tract health.

### Selection

Apples should feel firm, free of bruises, and free of punctures. Color does not indicate flavor or ripeness. Pick apples with smooth, clean, shiny skin.

### Storage

Apples are available year round. Refrigerate in the crisper drawer of the refrigerator or in a plastic bag. Apples will ripen and turn soft 10 times faster at room temperature. Apples will keep for up to two weeks when refrigerated.

### Preparation Ideas

Replace potato chips with crispy apple chips. Add crunchy apple slices to your peanut butter sandwich. Stash dried apples in your car for a quick snack on the go. Mix apple chunks into hot cereal.

## FEATURED APPLE RECIPE: APPLE OATMEAL

### Ingredients

- 1<sup>3</sup>/<sub>4</sub> cups 100% apple juice
- 1 cup quick oats
- 1 medium apple, cored and cut into bite-sized chunks
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon salt (optional)

### Preparation

1. Combine all ingredients in a medium-sized microwave-safe bowl.
2. Place in microwave uncovered and cook on HIGH for about 2 minutes.
3. Stir and let cool for 1 minute before serving.

Makes 4 servings. 1/2 cup per serving.

### Nutrition Information Per Serving

Calories 147, Carbohydrate 31 g, Protein 3 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 4 mg (without adding the optional salt) or 78 mg (with adding the optional salt), Dietary Fiber 3 g.

Recipe courtesy of Discover the Secret to Healthy Living Cookbook





# September's Vegetable of the Month

## ZUCCHINI

### Health Benefits

Zucchini are a good source of Vitamin C and folate. Including zucchini in your lowfat diet along with a colorful variety of fruits and vegetables will help you to maintain a lower risk of some cancers, vision health, and strong bones and teeth.

### Selection

Purchase small- to medium-sized zucchini with firm, shiny, clean skin. Zucchini should never contain blemishes and feel flabby or spongy.

### Storage

Zucchini are available year round. Refrigerate zucchini in a plastic bag for two to three days.

### Preparation Ideas

Trim end stems and slice, chop, dice or grate zucchini into your favorite dishes. Bake, boil, or microwave until tender, unpeeled, whole, or cut into serving pieces. Try serving zucchini on pizza, tucked into lasagna, or stirred into soup or spaghetti sauce.

## FEATURED ZUCCHINI RECIPE: HERBED VEGETABLE COMBO

### Ingredients

- 2 tablespoons water
- 1 cup thinly sliced zucchini
- 1 1/4 cups thinly sliced yellow squash
- 1/2 cup green bell pepper, cut into 2-inch strips
- 1/4 cup celery, cut into 2-inch strips
- 1/4 cup chopped onion
- 1/2 teaspoon caraway seeds
- 1/8 teaspoon garlic powder
- 1 medium-sized tomato, cut into 8 wedges

### Preparation

1. Heat water in medium pan.
2. Add zucchini, squash, bell pepper, celery, and onion. Cover and cook over medium heat until vegetables are crisp tender, about 4 minutes.
3. Sprinkle seasonings over vegetables. Top with tomato wedges.
4. Cover again and cook over low heat until tomato wedges are warm, about 2 minutes.

Makes 4 servings. 1/2 cup per serving.

### Nutrition Information Per Serving

Calories 26, Carbohydrate 6 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 10 mg, Dietary Fiber 2 g.

Recipe courtesy of the Produce for Better Health Foundation

