



Fit Business Tips of the Month

OCTOBER

The fall season has officially arrived! As the weather gets colder and the days a little shorter, it's a good reminder to keep changing unhealthy habits into good ones, like making healthy eating and physical activity a daily priority.

The morning hours are the perfect time to enjoy the abundance of seasonal fall produce and find a few extra minutes of activity that will help you maintain alertness and energy levels throughout the workday.

This month's Fit Business Tips offer quick and simple ideas on how to begin your day with fruits, vegetables, and physical activity. You'll also learn all you need to know about sweet, juicy pears and crisp, colorful bell peppers. Here's to your health!

QUICK AND SIMPLE TIPS

- **Energize your commute by adding a little physical activity on your way to work.** When arriving to work, get a parking space as far from the entrance as possible, and walk around the block before going inside. If you take public transportation to work, get off the bus or subway one or two stops early and walk the rest of the way.
- **Create a new breakfast routine.** Try adding fruit, such as pears, peaches, or apples, to your favorite cereal or yogurt. Also, spice up your omelet or scrambled eggs by topping it with fresh salsa or chopped tomatoes, bell peppers, and onion.





October's Fruit of the Month

P E A R

Health Benefits

Pears are high in Vitamin C and fiber and can be found in a variety of colors, including red, brown, yellow, and green. Including pears, such as yellow pears, in your lowfat diet along with a colorful variety of fruits and vegetables will help you to maintain heart health, vision health, a healthy immune system, and a lower risk of some cancers.

Selection

Choose pears that look colorful and fresh with no bruises or external damage. Test for ripeness by pressing gently near the stem – if it gives and feels soft, it's ready to eat.

Storage

To ripen a pear, place on the countertop, in a fruit bowl, or in a paper bag. If placed near apples, pears will ripen more quickly! Store ripe pears in the coldest part of the refrigerator.

Preparation Ideas

To help cut or sliced pears retain their color, dip them into a mixture of one tablespoon lemon juice and one cup water.

FEATURED PEAR RECIPE: SPINACH PEAR SALAD

Ingredients

- 4 cups spinach leaves
- 1 red or yellow pear, sliced
- ½ cup jicama, cut into strips
- ¼ cup dried cranberries
- ⅓ cup fat free or lowfat bottled vinaigrette dressing
- 1 teaspoon grated or minced ginger root

Preparation

1. Toss together spinach, pear, jicama, and cranberries.
2. Mix vinaigrette dressing and ginger. Pour over spinach and mix.

Makes 4 servings. 1 cup per serving.

Nutrition Information Per Serving

Calories 57, Carbohydrate 13 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 241 mg, Dietary Fiber 4 g

Recipe courtesy of *Discover the Secret to Healthy Living, California 5 a Day—for Better Health! Campaign*





October's Vegetable of the Month

BELL PEPPER

Health Benefits

Bell peppers are a good source of Vitamin B6 and Folate, are high in Vitamins A and C, and can be found in a variety of colors, including green, red, and yellow. Including bell peppers, such as green bell peppers, in your lowfat diet along with a colorful variety of fruits and vegetables will help you to maintain vision health, strong bones and teeth, and a lower risk of some cancers.

Selection

Bell peppers should feel firm and be bright in appearance with thick flesh. Avoid peppers with wrinkled skins or any brown or soft spots.

Storage

Bell peppers will keep in the refrigerator for three to four days. Be sure not to wash them until you are ready to use them.

Preparation Ideas

Remove the stem and the seeds inside of the bell pepper. Cut the pepper into rings or strips and eat plain, with your favorite lowfat dip, or try adding bell peppers to fajitas, as a pizza topping, or in your favorite stir-fry dish.



FEATURED BELL PEPPER RECIPE:

RED AND YELLOW BELL PEPPER OMELETS

Ingredients

1	teaspoon olive oil	4	medium egg whites
1	medium red bell pepper, cored and thinly sliced	1/2	teaspoon dried basil
1	medium yellow bell pepper, cored and thinly sliced	1/4	teaspoon ground black pepper
			nonstick cooking spray
		2	teaspoons grated Parmesan cheese

Preparation

1. In a large nonstick pan over medium heat, warm oil; add bell peppers and cook stirring frequently for 4 to 5 minutes. Keep warm over low heat.
2. In a small bowl, lightly whisk together egg whites, basil, and ground black pepper.
3. Coat a small nonstick pan with nonstick cooking spray. Warm over medium-high heat for 1 minute.
4. Add half of the egg mixture, swirling the pan to evenly coat the bottom. Cook for 30 seconds or until the eggs set. Carefully loosen and flip. Cook for 1 minute or until firm.
5. Place half of the peppers on the eggs. Fold to enclose the filling. Transfer to a plate. Sprinkle with 1 teaspoon Parmesan cheese. Repeat with remaining egg mixture, bell peppers, and Parmesan cheese.

Makes 2 servings. 1 omelet per serving.

Nutrition Information Per Serving

Calories 110, Carbohydrate 11 g, Protein 10 g, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 115 mg, Dietary Fiber 2 g

Recipe courtesy of *Discover the Secret to Healthy Living, California 5 a Day—for Better Health! Campaign*