

# FIT BUSINESS

## TIPS OF THE MONTH

### Quick and Simple Tips

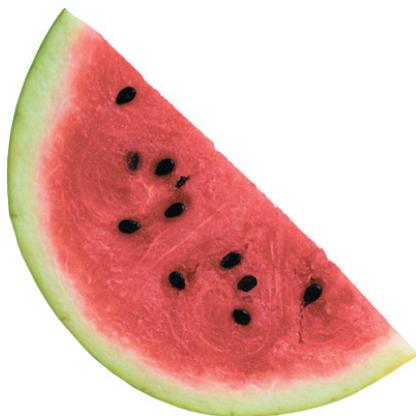
As the summer temperatures begin to sizzle, it is important to stay hydrated. Making sure you drink 8 to 10 glasses of water daily will help keep your body cool and comfortable and allow you to stay active throughout the summer months. Also be sure to enjoy fruit with a high water content, like this month's fruit—watermelon—to keep your body hydrated.

#### Beat the Heat

Swimming is a great way to cool off during the hot summer months and an excellent way to get physical activity. Swimming is a low-impact, aerobic form of physical activity that involves all of the major muscle groups. To find a public pool in your area, check out your local Department of Parks and Recreation or YMCA.

#### Family Fun

Incorporate some fun into your weekend festivities by taking your family to your local park and playing games like tug-of-war, horseshoes, and other activities that your entire family will enjoy. For more game ideas, please visit [www.familyfun.go.com](http://www.familyfun.go.com).



### Featured Success Story

Maria Gomez, a working single mom from Ventura, California decided to challenge herself to be physically active everyday as part of *Take Action!*, the employee wellness program at her work. In addition, she hoped to involve her two children in this plan. Every morning Maria walks with her children to the bus stop, rides her bike to work, walks to colleagues' desks instead of emailing or calling, and walks with a group from work during her lunch break. After work, Maria walks with her children to the local park to play before dinner. Maria is happy to report, "I have more energy, I enjoy my day, and I get to do something fun with my kids! I just signed up for a 5K run, I'm excited for a new goal!"

*Do you have a success story that you'd like to share? We'd love to hear from you! Please send your story (250 words or less) to [dona.francis@cdph.ca.gov](mailto:dona.francis@cdph.ca.gov), and you may be featured in an upcoming Fit Business Tips of the Month!*

## July Fruit of the Month

# Watermelon

### Fun Fact

Watermelon is 95 percent water, and every part of a watermelon is edible, even the seeds and rinds! But be aware, the rinds do not taste very good!

### Health Benefits

Watermelon is an excellent source of vitamins A and C. It is also a good source of potassium. Including watermelon in your lowfat diet, along with a colorful variety of fruits and vegetables, will help you maintain your heart health and reduce your risk of some cancers.

### Selection

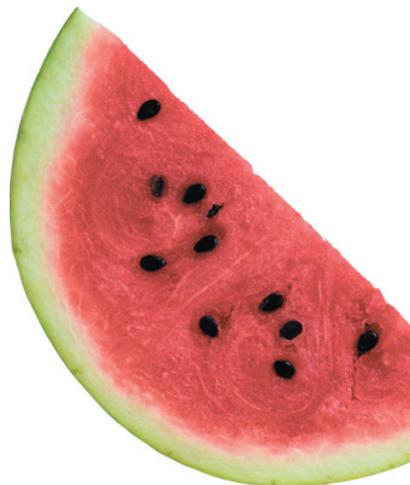
Choose watermelon that is firm, symmetrical and heavy for its size, as well as free of cracks, bruises, soft spots, or mold. Ripe watermelon will have a vibrant green rind, dried stem, and a buttery yellow underside where it touched the ground. If you knock on the watermelon with your fist, a ripe melon will give off a dull and hollow sound.

### Storage

Once picked, watermelon will not ripen easily, so be sure to choose a melon that is already ripe. Watermelons can be kept for up to two weeks, uncut at room temperature. Rinse your watermelon with water before cutting. Once cut, package what is not eaten in closed plastic containers or bags and store in the refrigerator for up to three days.

### Preparation Ideas

Watermelon makes a great after school snack for the kids. Freeze watermelon juice or puree in ice cube trays to add to a tall glass of water, lemonade, or iced tea for a flavorful addition to your drink. Also, try adding watermelon chunks next time you make a smoothie for a cool and refreshing twist.



## Featured Watermelon Recipe

### Watermelon Blueberry Banana Split

#### Ingredients

- 2 large bananas
- 8 watermelon “scoops” — a watermelon ball created with an ice cream scoop
- 2 cups fresh blueberries
- ½ cup lowfat vanilla yogurt
- ¼ cup lowfat granola

#### Preparation

1. Peel bananas and cut in half crosswise, then cut each piece in half lengthwise.
2. For each serving, lay 2 banana pieces against the sides of a shallow dish.
3. Place a watermelon “scoop” at each end of the dish.
4. Fill the center space with blueberries. Stir yogurt until smooth, spoon over watermelon “scoops.”
5. Sprinkle with granola.

Makes 4 servings.

#### Nutrition Information Per Serving

Calories 160, Carbohydrate 38g, Protein 4g, Fat 1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 40mg, Fiber 4g

Recipe courtesy of  
*Fruits and Veggies – More Matters.*

## July Vegetable of the Month

# Eggplant

### Fun Fact

Eggplant is actually a fruit, but is cooked and eaten as a vegetable. Eggplant grows in a variety of sizes, shapes, and colors and is used in many different cuisines around the world.

### Health Benefits

Eggplant is loaded with nutrients such as fiber, magnesium, vitamin C, vitamin B6, and potassium. They are also cholesterol free and have very little sodium. Including eggplant in your lowfat diet, along with a colorful variety of fruits and vegetables, will help you reduce your risk of heart disease, stroke, and some cancers.

### Selection

Look for a symmetrical eggplant with smooth, uniformly colored skin. Tan patches, scars, or bruises indicate decay. Also avoid eggplants with wrinkled or flabby-looking skin. Oversized purple eggplants, usually over 6 inches in diameter, may be tough and bitter. When you press gently on an eggplant, the finger mark will disappear quickly if the eggplant is fresh. Eggplant should feel heavy; one that feels light for its size may not have a good flavor. The stem and cap should be bright green.

### Storage

Both cold and warm temperatures can damage eggplant. It is best to store eggplant uncut and unwashed in a plastic bag in the crisper section of the refrigerator. But do not force the eggplant into the crisper if it is too big, as this will bruise the vegetable. Eggplant may be blanched or steamed, then frozen for up to 6 months.

### Preparation Ideas

Eggplant is a versatile ingredient when it comes to cooking. It can be sautéed, baked, roasted, stuffed, used as a dip or stuffing, stir fried, steamed, and grilled. When cooked properly, it will melt in your mouth!



## Featured Eggplant Recipe

### Stuffed Eggplant

#### Ingredients

- 2 eggplants
- Nonfat vegetable cooking spray
- 2 diced tomatoes
- ½ cup diced green bell pepper
- ½ cup diced onion
- ⅓ cup diced celery
- 1½ cups bread crumbs
- 2 tablespoons fresh minced parsley
- 2 tablespoons fat-free Parmesan cheese

#### Preparation

1. Preheat oven to 350°F.
2. Cut eggplants in half lengthwise. Scoop out and save the flesh, leaving the shells 3/8-inch thick. If necessary, trim a small piece off the bottom of each shell so it won't tip over. Set aside.
3. Coat large skillet with vegetable cooking spray.
4. Chop up reserved eggplant and add to skillet.
5. Add tomato, bell pepper, onion, and celery.
6. Place skillet over medium heat; cover and cook about 5 minutes, until vegetables are tender. Remove skillet from heat.
7. Stir in bread crumbs and parsley.
8. Spoon mixture into the hollow eggplant shells.
9. Arrange stuffed shells in a shallow baking dish coated with vegetable spray.
10. Sprinkle 1½ teaspoons Parmesan cheese on top of each shell.
11. Bake for 25 minutes, until filling heats through and top is golden brown.

Makes 4 servings.

#### Nutrition Information Per Serving

Calories 270, Carbohydrate 51g, Protein 11g, Fat 4g, Saturated Fat 0g, Cholesterol 0mg, Sodium 360mg, Fiber 13g

Recipe courtesy of  
*Fruits and Veggies – More Matters.*