

Fit Business

TIPS OF THE MONTH



July 2008

The weather in July may sizzle but that shouldn't stop you from being healthy and staying hydrated. When you are out and active, drinking water is a great way to help you cool off! For a sweet and refreshing twist, freeze 100% fruit juice in an ice cube tray and add it to your water bottle!

Quick and Simple Tips

Bring Healthy Food to a Patriotic Work Potluck!

Why not use America's independence as a reason to get together with your coworkers and enjoy a quick, healthy meal? Arrange for everyone to bring in something different and don't forget the fresh salad greens and fruit salad. For a patriotic treat, top a scoop of lowfat frozen yogurt with fresh strawberries and blueberries!

Be Water Wise!

Don't let yourself get dehydrated during these hot summer months! Your body needs water to function well and replace fluids. Carry a bottle of water for easy access when you are at work or running errands. Fruits and vegetables with a high water content like apples, cucumbers, tomatoes, and cantaloupe count toward your daily water intake, too. Fruits and vegetables make delicious snacks or light additions to your meal. The more fruits and veggies, the better! So give in to that urge to have a bite of juicy watermelon!



Champion Worksite

SupHerb Farms in Turlock is leading the way to wellness in Stanislaus County! They just finished their first *Take Action!* Physical Activity Challenge. Everyone has been moving more and using their breaks to go walking together. SupHerb Farms will soon start the *Take Action!* Fruit and Vegetable Challenge. They are building a brand new kitchen to motivate employees to eat healthier. It will be a place where employees can prepare and enjoy healthy meals together. It will also give SupHerb a spot to showcase their herb products to potential customers. SupHerb Farms hopes to start having healthy potlucks with recipes from the *Everyday Healthy Meals* cookbook and their herb products. What a great setting for employees to learn and share healthy cooking tips! This new kitchen will be a big part of the *Take Action!* Fruit and Vegetable Challenge. Congratulations to SupHerb Farms for being a Champion Worksite!

Do you have a success story you would like to share? We want to hear from you. Please send your story (250 words or less) to Jacqueline.Cheung@cdph.ca.gov and you may be featured in an upcoming Fit Business Tips of the Month!

Grapes

Health and Nutrition Go Hand-in-Hand

Eating a variety of colorful fruits and vegetables and getting daily physical activity can help your family stay healthy and may prevent serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.



One cup of grapes is an excellent source of vitamin C and vitamin K. Vitamin C helps your body heal from cuts and wounds and may lower your risk of infection. Vitamin K helps your body stop cuts and scrapes from bleeding.

Healthy Serving Ideas



Add grapes to your favorite coleslaw.



Blend grapes with banana and orange slices for a great tasting smoothie.



Add grapes and cashews to chicken salad and wrap in a whole wheat tortilla for a grab and go lunch.*

Shopper's Tips

- Look for firm, plump, brightly colored clusters of grapes with green flexible stems.
- Remove any soft, brown grapes before storing.
- Store fresh grapes in a covered container or plastic bag for up to 10 days in the refrigerator.
- Just before use, rinse grapes (clusters) under cool water.

Let's Get Physical!

Community centers are a great place to learn about free or low-cost fitness classes, team sports, and walking groups. Drop by your local community center today to find out what it has to offer!

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day.

Eat a variety of colorful fruits and vegetables with meals and snacks throughout the day to reach your total daily needs.

For more recipes and tips, visit:
www.cachampionsforchange.net
www.freshcaliforniagrapes.com

Recommended Daily Amount of Fruits and Vegetables

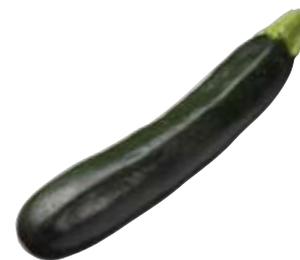
	Kids Ages 5-12	Teens and Adults Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Zucchini

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Eating a variety of colorful fruits and vegetables and getting daily physical activity can help your family stay healthy and may prevent serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.



One small zucchini is equal to about one cup of vegetables. One cup of zucchini is an excellent source of vitamin C, which helps your body heal from cuts and wounds and may lower your risk of infection. One cup of zucchini is also a good source of riboflavin and vitamin B6. Riboflavin helps your body turn the food you eat into energy. Both riboflavin and vitamin B6 help your body build and keep healthy red blood cells.

Healthy Serving Ideas



Add extra shredded zucchini to zucchini bread and bake in muffin tins for an easy snack. Make this treat even healthier by using applesauce instead of oil and tossing in some raisins.



Sauté chopped zucchini, onions, and bell pepper for a great addition to chicken enchiladas.



Sauté zucchini sticks with garlic and a dash of oregano. Top this tasty side dish with a little Parmesan cheese.

Shopper's Tips

- Choose a glossy zucchini that is heavy for its size.
- Store in the refrigerator for up to four days.

Let's Get Physical!

Get fit with a friend. Teaming up with a friend makes physical activities, like walking or going for a bike ride, fun. Having a buddy also helps you stick to your plan to be physically active every day.

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