

# Fit Business

## TIPS OF THE MONTH



September 2009

Fall brings many fruits and vegetables to your table! Our fruit and vegetable of the month are apples and tomatoes. These choices are easy to grab for a quick snack and add flavor when cooked in a meal. Apples and tomatoes have important nutrients like Vitamin C to keep you healthy. Try apples or tomatoes cooked with your favorite meat or baked apples as a yummy dessert.

## Quick and Simple Tips

### Get Outside and Be Active!

As the seasons begin to change, the outdoors become more vibrant with color! The cooler temperatures are great for outdoor play and the changing leaves are beautiful. Before it gets rainy and cold try out something new. Go for a bike ride, or try hiking or jogging with a loved one. These activities will show you the beauty of the outdoors. Lunch time breaks and evenings after work are the perfect time to get outside and be active.

### Add Some Fall Vegetables Into Your Meals

Fall is a great time to try new vegetables because there are many choices for you. Use this season's best by adding vegetables to your meals. Root vegetables such as potatoes, garlic, onions, carrots, and beets, are in season and can add flavor to your food. You can eat them by themselves, as a side dish, or added to any main dish. It is easy to add vegetables into your everyday meals. Try out the recipes in our *Everyday Healthy Meals Cookbook* at <http://cachampionsforchange.net/en/docs/Everyday-Healthy-Meals-Cookbook.pdf>.

### Promote Healthy Eating and Active Living in Your Worksite

Do you and your coworkers enjoy the Fit Business Tips of the Month? If so, your worksite may also enjoy other educational materials from the *Network for a Healthy California (Network)*. The *Network* has a variety of nutrition education and support materials available to order at the cost of production plus shipping/handling and tax. You can order these great materials to support eating fruits and vegetables and physical activity in your worksite! Available items include brochures, cookbooks, recipe cards, and much more! Go to [www.championsforchangematerials.net](http://www.championsforchangematerials.net) and place your order today!



## Champion Worksite

The Unified Port of San Diego has strength in numbers and strength in unity. This company cares for and builds up the San Diego Bay with more than 600 employees. They use the *Network for a Healthy California—Worksite Program (Worksite Program)* to support worksite wellness and provide health knowledge to the employees. There is a strong wellness committee that plans activities, shares ideas, and takes steps to make healthy changes. This company uses the *California Fit Business Kit* Healthy Dining and Healthy Meeting tools. They also have classes about eating right and keeping fit. The Unified Port of San Diego's Wellness Committee has been successful making the *Worksite Program* its own. In the future they will be holding two classes about eating well and exercising. The class 'The Psychology of the Supermarket' shows cheap ways to buy healthy food. They also do water bottle stretch workouts. These classes are required for staff in an effort to increase worksite wellness. The Unified Port of San Diego knows that to best serve San Diego's community, it must meet its workers health and fitness needs. We congratulate the Unified Port of San Diego for being a Champion Worksite!

Are you a worksite using the *California Fit Business Kit*? If you have a success story to share we want to hear from you. Please send a story about your success (200 words or less) to [Jacqueline.Cheung@cdph.ca.gov](mailto:Jacqueline.Cheung@cdph.ca.gov) and you may be featured in an upcoming issue of Fit Business Tips of the Month!

The *Network for a Healthy California—Worksite Program* would like to thank Capital Athletic Club, Dragonfly, Buckhorn Grill, Healthy Habits, Rubicon Brewing Company, La Bou, and Sacramento Natural Foods Co-op for donating gift certificates. We thank you for being Champions for Change by encouraging Californians to eat fruits and vegetables and be physically active every day.

# Apple

## Health and Nutrition Go Hand-in-Hand

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



One medium apple is equal to about one cup of fruit. One apple is a good source of dietary fiber, which helps to keep your heart healthy, keep you regular, and make you feel full so you eat less. One medium apple is also a good source of vitamin C, which helps your body heal cuts and wounds and maintain healthy gums.

## Healthy Serving Ideas



Mix apple chunks in your morning oatmeal for a hearty start to your day.



Add chopped apples and golden raisins to your chicken salad for a healthy lunch.



Place 4 cored apples in a microwave safe dish and fill with raisins. Pour  $\frac{1}{2}$  cup of apple juice over the apples with a sprinkling of nutmeg and cinnamon. Cover with plastic wrap and microwave on high for 5 minutes for a hot dessert!

## Shopper's Tips

- Look for apples that are firm and do not have soft spots.
- Apples can be stored at room temperature, but they can last up to six weeks if refrigerated.
- Do not refrigerate apples in closed bags.

## Let's Get Physical!

Make physical activity fun and social! Grab a friend and walk around the mall, to the park, or during your lunch breaks! In the evenings, make time to participate in physical activity as a family by going for a walk, riding bikes, or playing a game of double dutch.

## How Much Do I Need?

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

Bring home a variety of colorful fruits and vegetables to eat throughout the day and meet your total daily needs!

For more recipes and tips, visit:  
[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

# Tomato

## Health and Nutrition Go Hand-in-Hand

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



One medium tomato is equal to about one cup of vegetables. One tomato is an excellent source of vitamin C, which helps your body heal cuts and wounds and maintain healthy gums. One medium tomato is also a source of vitamin A, which helps maintain healthy skin and eyesight.

## Healthy Serving Ideas



Add plenty of tomatoes to sandwiches for a healthy punch to your lunch.



Sauté sliced red tomatoes with okra pods and sliced onions for a Southern-style side dish.



Cherry tomatoes are a delicious addition to grilled kabobs. Be careful to give the juices inside the tomatoes enough time to cool off before taking a bite.

## Shopper's Tips

- Look for plump tomatoes with smooth skin, an even color, and a sweet smell.
- Store ripe tomatoes at room temperature and away from direct sunlight for up to five days.
- Firm tomatoes can be ripened in a paper bag until they give slightly to gentle pressure.
- Only refrigerate tomatoes that have been cut or cooked.

## Let's Get Physical!

You don't need to complete all 30 minutes of your recommended physical activity at once. Try a 10-minute walk in the morning, taking the stairs throughout the day, and going for a walk after dinner. By the end of the day, you have met your physical activity goals!

## How Much Do I Need?

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## Recommended Daily Amount of Fruits and Vegetables

	<b>Kids, Ages 5-12</b>	<b>Teens and Adults, Ages 13 and up</b>
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	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](http://www.mypyramid.gov) to learn more.