



Fit Business Tips of the Month

FEBRUARY

February is the month of love! Show just how much you care about your health and the health of your loved ones by incorporating tasty and nutritious food choices each day. This month's Fit Business Tips offer easy and creative ways to include sweet and juicy tangerines and hearty broccoli in your meal plans. You'll also learn a simple trick to get more physical activity at work.

QUICK AND SIMPLE TIPS

- **Make a reservation for health:** Do you have plans for a nice dinner out this Valentine's Day? If so, remember that eating out does not have to be unhealthy. Simply make sure the restaurant of your choice offers plenty of fresh fruits and vegetables on the menu. Once you begin ordering, don't be shy about making healthy requests. Look for items that are broiled or roasted instead of fried. Ask for extra tomatoes and other vegetables in sandwiches, pizzas, turkey burgers, or baked potato toppings.
- **Healthy lunch, more than just food:** If you have more than 30 minutes a day to eat lunch, use half of your lunchtime to eat a healthy meal packed with fruits and vegetables and the other half for physical activity. Don't worry if you don't have time to change and get to your favorite aerobics class. Just try a simple 10- to 30-minute walk. It will clear your mind and invigorate your body to face the afternoon's challenges. By making this small change, you will be on your way to making sure you always have time for both physical activity and healthy eating.





February's Fruit of the Month

TANGERINE

Health Benefits

Like other citrus fruit, juicy tangerines are high in Vitamin C. Tangerines are also a good source of fiber and folate. Including tangerines in your low fat 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

When purchasing tangerines, look for plump fruit that is heavy for its size. Tangerines sold with stems and leaves, found mostly in the winter holiday season, are usually of very high quality. Tangerines should never feel hollow or contain soft or dented spots.

Storage

Tangerines and other mandarins should be refrigerated; they will keep for up to one week.

Preparation Ideas

Dip tangerine segments into lowfat flavored yogurt. Use tangerine juice in sauces, dressings, and marinades. Tangerines are best eaten raw, but if you must cook them, heat gently and do not boil or they will lose their flavor.

FEATURED TANGERINE RECIPE: FOUR STAR CITRUS AMBROSIA

Ingredients

- grated peel of ½ tangerine
- 1 (8-ounce) container lowfat vanilla yogurt
- 2 tangerines, peeled, segmented and seeded
- 1 grapefruit, peeled and sectioned
- 2 oranges, peeled and cut into half cartwheel slices
- 3 tablespoons flaked coconut, toasted

Preparation

1. Stir tangerine peel into yogurt; chill.
2. Divide fruit into four dessert dishes; chill.
3. To serve, spoon yogurt mixture over fruit.
4. Sprinkle each serving with toasted coconut.

Makes 4 servings. Approx. 1 cup per serving.

Nutrition Information Per Serving

Calories 153, Carbohydrate 29 g, Protein 5 g, Total Fat 3 g, Saturated Fat 3 g, Cholesterol 3 mg, Sodium 42 mg, Dietary Fiber 4 g

Recipe courtesy of www.5aday.gov/recipes





February's Vegetable of the Month

BROCCOLI

Health Benefits

Broccoli is high in Vitamin A, Vitamin C and folate and is a good source of Vitamin B6. Cup for cup, broccoli has as much Vitamin C as an orange and almost as much calcium as milk. Including broccoli 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 tight, compact florets with an even green or purple-green color. The size of broccoli heads does not indicate eating quality. Avoid yellowing florets and tough or woody stems.

Storage

Store whole in a perforated plastic bag in the refrigerator—do not rinse until ready to cook or serve. Before serving, rinse broccoli in cool running water. Do not soak. Broccoli is best when eaten within two to four days of purchase.

Preparation Ideas

Broccoli can be eaten cooked or raw. Steam broccoli for a quick side dish or sauté with mixed vegetables. Broccoli makes a great finger food! Cut florets from the stalk and microwave or serve raw with your favorite lowfat dip.

FEATURED BROCCOLI RECIPE: ITALIAN BROCCOLI AND PASTA

Ingredients

2	cups uncooked fettuccine noodles	½	teaspoon dried oregano
	nonstick cooking spray		or 1 ½ teaspoons fresh oregano
3	tablespoons chopped green onion	1	(14 ½-ounce) can stewed tomatoes,
2	cups broccoli florets		not drained
½	teaspoon dried thyme	2	teaspoons grated Parmesan cheese
½	teaspoon ground black pepper		

Preparation

1. Cook fettuccine according to package instructions (omitting oil and salt) and drain.
2. Spray a medium skillet with nonstick cooking spray; stir-fry onion and broccoli for 3 minutes over MEDIUM heat.
3. Add seasonings and tomatoes; simmer until heated through.
4. Spoon vegetable mixture over fettuccine and top with Parmesan cheese.

Makes 4 servings. 1 ¼ cups per serving.

Nutrition Information Per Serving

Calories 210, Carbohydrate 39 g, Protein 9 g, Total Fat 2 g,
Saturated Fat 0 g, Cholesterol 0 mg, Sodium 150 mg, Dietary Fiber 3 g

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

