



# Fit Business Tips of the Month

**MAY**

**M**ay is the best time to enjoy the mild weather and flowers in full bloom. Even more invigorating is the joy you get when you make simple and healthy changes to your daily eating and activity habits. This is the month to get healthy, get fit, and get outdoors!

This month's Fit Business Tips offer bite-sized hints for your on-the-go lifestyle. You'll learn that eating healthy won't be such a challenge once you discover the benefits of strawberries and snap peas, this month's featured fruit and vegetable.

## QUICK AND SIMPLE TIPS

**Choose outdoors instead of indoors:** Instead of eating a healthy lunch in the lunchroom or at your desk, choose a spot outdoors and away from your worksite. Not only will you enjoy some physical activity, but you will have a nice quiet spot to relax. Remember to wear sunscreen anytime you're enjoying the outdoors.

**Every step counts:** Use a pedometer to keep track of how many steps you take. You can wear the pedometer on your daily walk to work, around the office, and when you go outside for a walk with your co-workers. Aim for 10,000 steps a day.

**National Bike Month:** It's time to dig that bike out of the garage this month! Riding a bike is an excellent way to get your daily dose of physical activity. If you are able to, try and ride your bike to work the week of May 15<sup>th</sup> for National Bike to Work Week.





# May's Fruit of the Month

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## STRAWBERRY

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### Health Benefits

Did you know that strawberries are a good source of fiber and high in Vitamin C and folate? The fiber found in strawberries is insoluble fiber, which can help promote regularity. Including strawberries in your lowfat diet along with a colorful variety of fruits and vegetables will help you to maintain heart health, urinary tract health, memory function, and a lower risk of some cancers.

### Selection

Strawberries are picked at their peak freshness. They do not ripen after harvesting. So make sure to pick ones that are bright red, have a natural shine, and green caps that look fresh.

### Storage

Store strawberries in the refrigerator, lightly wrapped with plastic. Do not wash them until you are ready to eat them. This keeps them fresh. Before serving, use cool water to gently wash strawberries with the green caps still attached. For the best flavor, allow strawberries to reach room temperature before serving.

### Preparation Ideas

Slice strawberries into cereal and lowfat yogurts. Blend frozen strawberries with ice and orange juice to make a quick and tasty smoothie. Also, try tossing strawberries in a salad.

## FEATURED STRAWBERRY RECIPE: BANANA BERRY PANCAKES

### Ingredients

- 1 large banana, peeled and sliced
- 1 cup complete pancake mix
- ½ cup water
- non stick cooking spray

### Topping

- 1½ cups frozen or fresh strawberries
- 2 tablespoons strawberry jam

### Preparation

1. Place banana in a medium bowl and mash with a fork.
2. Add pancake mix and water; stir until blended.
3. Spray a large skillet with nonstick cooking spray over medium heat.
4. Pour ¼ cup batter for each pancake into hot skillet.
5. Cook pancakes for 2 minutes on each side or until cooked through.
6. While the pancakes are cooking, place berries in a small bowl with jam.
7. Microwave on high for 1 minute.
8. Stir, then cook for 1 minute more.
9. Spoon topping over pancakes.

Makes 4 servings. 2 pancakes per serving.

### Nutrition Information Per Serving

Calories 200, Carbohydrate 43 g, Protein 4 g, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 400 mg, Dietary Fiber 3 g

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





# May's Vegetable of the Month

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## SNAP PEAS

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### Health Benefits

Snap peas are a good source of Vitamins A and B6 and are high in Vitamin C, folate, and iron. Including snap peas 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

Snap peas should be bright green with smooth skin. Avoid snap peas that have breaks or cuts, visible peas bulging out, or pods with soft or moldy tips.

### Storage

Snap peas are best if eaten on the day of purchase, but will keep in a plastic bag in the refrigerator for up to two days.

### Preparation Ideas

Simply remove the stem and the strings on either side of the pod by pulling down on the stem. Enjoy snap peas on their own as an afternoon snack, as a salad topping, or try steaming them with your other favorite veggies as a side dish at dinner.

## FEATURED SNAP PEA RECIPE: GARDEN SALAD WITH CRISP SNAP PEAS

### Ingredients

- 3 cups baby spinach leaves, well washed and dried
- ½ cup sugar snap peas
- ¼ cup tomatoes
- ¼ cup grated carrots
- 3 tablespoons lowfat vinaigrette salad dressing

### Preparation

1. Place the vegetables in a large bowl.
2. Toss with the dressing and serve.

*Makes 4 servings. 1 cup per serving.*

### Nutrition Information Per Serving

Calories 34, Carbohydrate 4 g, Protein 1 g, Total Fat 2 g,  
Saturated Fat 0 g, Cholesterol 0 mg, Sodium 128 mg, Dietary Fiber 1 g

Recipe courtesy of the *California 5 a Day—for Better Health!* Campaign.

