

FIT BUSINESS

TIPS OF THE MONTH

Quick and Simple Tips

This month's fruit and vegetable of the month—nectarines and corn—are perfect for enjoying all summer long. Whether you pack a picnic lunch, fire up the barbecue, or enjoy meals in the comfort of your air conditioned home, make sure to include nectarines and corn in your menu.

Buy Local

Global climate change has become a hot topic in the news over the past few years. You can do your part to keep the environment healthy by changing the source of foods you eat. Food in grocery stores travels an average of 1,500 miles to get to you, usually by gas-guzzling trucks or planes. Buying fresh fruits and vegetables from local sources, like farmers' markets, roadside stands, and local farms, can help to reduce the amount of miles your food travels and the impact of that travel on the earth. Freshly picked local food is more nutritious and tastes better too! Head to your local farmers' market and pick up some juicy nectarines and sweet corn to enjoy this month!

Be Sun Safe

We all love to be outdoors during the summer, but too much sun can be damaging to your skin and health. When enjoying outdoor activities, make sure to wear a hat, longer clothing, sunscreen, and UV-protective sunglasses. Don't forget to drink plenty of water, too!



Featured Success Story

Josie Cramer, an employee at Lundberg Family Farms in Richvale, California began incorporating fruits and vegetables into her workday while participating in the Take Action! Employee Wellness Program. After just two months of increasing her daily fruit and vegetable consumption, Josie was happy to report, "My doctor told me that my HDL levels (good cholesterol) were up and my LDL (bad cholesterol) was down, just by eating more fruits and vegetables. He said keep up the good work!"

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 dfrancis@dhs.ca.gov, and you may be featured in an upcoming Fit Business Tips of the Month!

June Fruit of the Month

Nectarines

Fun Fact

Nectarines originated in China more than 2,000 years ago. Today, California grows more than 95 percent of the nectarines in the U.S.!

Health Benefits

Nectarines are an excellent source of vitamins A and C. They are also low in calories and contain no sodium. Including nectarines in your lowfat diet, along with a colorful variety of fruits and vegetables, will help you reduce your risk of some cancers.

Selection

Ripe fruit are fragrant and give slightly to the touch. If they are under-ripe, leave them at room temperature for 2–3 days to ripen. Look for fruit with smooth, unblemished skin. Avoid extremely hard or dull colored fruits and fruit with soft, wrinkled, or punctured skin.

Storage

Nectarines will keep for 5 days if stored in a plastic bag in the coldest part of your refrigerator.

Preparation Ideas

Nectarines are a sweet treat to enjoy any time of the day. Add nectarine slices to your morning bowl of cereal, combine diced nectarines with lowfat yogurt and freeze for a yummy afternoon snack, or add nectarine chunks to a fruit salad to add color and extra flavor.



Featured Nectarine Recipe

Frosty Nectarine Smoothie

Ingredients

- 2 nectarines, quartered
- 1½ cups diced cantaloupe
- 1 cup lowfat plain yogurt
- 1 tablespoon honey
- 10 ice cubes

Preparation

1. In a blender, combine all ingredients except ice. Blend until smooth.
2. Gradually add ice. Blend until smooth.
3. Serve immediately.

Makes 4 servings.

Nutrition Information Per Serving

Calories 106, Carbohydrate 21g, Protein 4g, Total Fat 1g, Saturated Fat 0.5g, Cholesterol 3mg, Sodium 45mg, Dietary Fiber 2g

Recipe courtesy of *California Tree Fruit Agreement*.

June Vegetable of the Month

Corn

Fun Fact

There are about 800 kernels on every ear of corn!

Health Benefits

Corn is high in fiber and vitamins A and C. Including corn in your lowfat diet, along with a colorful variety of fruits and vegetables, will help lower your risk of some cancers.

Selection

Make sure the husks are green, tight, and fresh looking. Pull the husk open to make sure that the ear contains tightly packed rows of plump kernels. The kernels should be smaller at the tip of each ear. Large kernels at the tip is a sign of over maturity. If you pinch a kernel, milky juice should spurt out.

Storage

If the corn is not cooked shortly after it is purchased, then it should be stored in the refrigerator. Refrigeration helps the corn retain its sugar and vitamin C content. To fully enjoy the great taste of sweet corn, cook it as soon as possible. The sooner the better is a good rule of thumb.

Preparation Ideas

An ear of fresh corn is a staple at cookouts during summer holidays, and frozen or canned corn is available year-round as an addition to soups, salads, salsas, stir-fries, and pasta dishes. The easiest way to cook an ear of corn is to remove the husk, wrap the corn in a paper towel, and microwave it on HIGH for two minutes.

Otherwise, put husked corn into a pot of cool water, cover, and cook over high heat until the water boils. Once the water boils, the corn is done.



Featured Corn Recipe

Sweet Corn and Tomato Salad with Cilantro

Ingredients

- 6 ears of fresh corn, husked
- 1½ pounds cherry tomatoes, cut in half
- ½ cup finely chopped red onion
- 1/3 cup finely chopped cilantro
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- Salt and pepper to taste

Preparation

1. Cook the corn in boiling salted water until just tender, about 5 minutes.
2. Drain, cool, then cut the kernels off the cobs.
3. In a large bowl, mix the other ingredients with the corn. Season to taste and enjoy.

Makes 8 servings.

Nutrition Information Per Serving

Calories 270, Carbohydrate 51g, Protein 7g, Total Fat 5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 35mg, Dietary Fiber 2g

Recipe courtesy of Preston Maring, MD, Kaiser Permanente.