

Fit Business

TIPS OF THE MONTH



June 2008

June is National Fresh Fruits and Vegetables Month. This is a great time to get out and try the new fruits of the summer season. The warm weather is perfect to eat a crisp green salad with sliced nectarines and grilled chicken.

Quick and Simple Tips

Have Fresh Produce Delivered to Your Work!

One simple way to enjoy fresh fruits and vegetables is to participate in a Community Supported Agriculture (CSA) Program. A CSA Program provides fresh, locally-grown fruits and vegetables to worksites and individuals. Usually, you have one box delivered per week. Freshly picked local food is healthy and is flavorful. Not only will you reduce your chance of getting heart disease, stroke, or cancer, but you will also be supporting farmers in your local community. Locate CSA farms in your area by visiting www.localharvest.org.

Always Put Some Fruits and Vegetables Into Your Lunch!

Often people will forget to put some fruits and vegetables into their lunch. They will grab whatever is convenient. A simple salad with spinach and tomatoes and a little dressing will make a perfect addition to your lunch. Try adding some lettuce and tomato to your sandwich. Throw a nectarine or little clementines into your lunch bag for a healthy snack. Keep a bowl of fruit on your desk or near you so that you always have fresh fruit on hand.



Champion Worksite

At ITT Interconnect Solutions, Felicia from the *Take Action!* team the *Clippers* has a certain type of blood disorder. Felicia recently visited her doctor who gave her some great news! He told her that her condition was stable and improving. Her doctor asked what she was doing to control her condition. Felicia said she was taking part in a 10-week employee wellness program called *Take Action!* She mentioned that she had increased her walking on breaks and during lunch. Felicia was so excited that she shared the news with her company. We are happy to hear that Felicia's health is improving. Felicia says she will keep walking on her breaks and spreading the good news. Felicia's positive results and example show the benefits of living a healthy lifestyle.

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!

Nectarines

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 medium nectarine is equal to about one cup of fruit. One nectarine is a good source of fiber, which helps keep your heart healthy, keep you regular, and make you feel full so you eat less. One nectarine is also a good source of vitamin C, which helps your body heal from cuts and wounds and may lower your risk of infection.

Healthy Serving Ideas



Top nectarine slices with granola and sliced almonds.*



Blend a chopped nectarine, lowfat milk, and a few ice cubes for a creamy smoothie.*



Toss sliced nectarines and grilled chicken into a green salad for a refreshing lunch.*

Shopper's Tips

- Choose firm nectarines with smooth skin and a sweet smell.
- Ripe nectarines give slightly to light pressure.
- Store ripe nectarines in the refrigerator for use within five days.
- Store unripe nectarines in a paper bag on the counter for two to three days to ripen.

Let's Get Physical!

Swimming is a great way to cool off during the hot summer months and a fun way to get physical activity. Swimming is a low-impact, aerobic form of physical activity that uses all of the major muscle groups. To find a public pool in your area, check out your local Department of Parks and Recreation or YMCA.

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.eatcaliforniafruit.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.

Salad Greens

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 romaine, butterhead, red leaf, or green leaf lettuce is an excellent source of vitamin A and vitamin K. Vitamin A helps you keep your skin and eyesight healthy. Vitamin K helps your body stop cuts and scrapes from bleeding.



Healthy Serving Ideas



Add plenty of salad greens to sandwiches and pita pockets.*



Top salads with a variety of fruits or vegetables for a different creation every day.



Add salad greens to wraps for a quick meal on the go.*

Shopper's Tips

- Choose lettuce heads that are tight and firm with dark green leaves.
- Wrap salad greens in slightly damp paper towels and place in a plastic bag with small holes. Place the bag in the refrigerator for up to one week.
- Rinse lettuce with cold water and gently pat dry before using.

Let's Get Physical!

Parks have lots of ways to be active — from water sports, hiking, and biking to exploring California's nature, history, and cultures. Visit one with your family today!

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www.dole.com

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

* Photography courtesy of Dole Food Company.