

# Fit Business

## TIPS OF THE MONTH



September 2008

September is Fruits and Veggies—More Matters® Month! Eating more fruits and vegetables may help boost your energy level and lower your risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and certain types of cancer. Celebrate the end of summer by picking up some apples and tomatoes, September's fruit and vegetable of the month. For more information about Fruits and Veggies—More Matters® please visit [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org).

## Quick and Simple Tips

### Add Fruits and Vegetables to Spice up Your Meals!

Fruits and vegetables are a great addition to your everyday meals. September's fruit and vegetable of the month, apple and tomato, have many different uses. Try slicing some apples and tomatoes into your salad. Sliced tomatoes go well with lettuce and turkey in a sandwich. Dip apple slices in peanut butter for a quick snack. Don't be afraid to experiment!

### Have a Salad Bar Lunch With Your Coworkers!

Have your coworkers bring an ingredient to put into a salad. Be sure to include different kinds of greens, fruits, and vegetables. Proteins such as hard boiled eggs and chicken are also important. Make sure that everyone brings something on the list. Don't forget to include plates, forks, and salad dressing. More does matter! Eating a healthy meal together is a great way to celebrate the end of summer with your coworkers.



## Champion Worksite

Latino employees at *Christopher Ranch* in Gilroy are taking action. With the help of the *Network for a Healthy California—Bay Area Region Worksite Program (Worksite Program)* they have created a healthier workplace. The *Worksite Program* tailored the *California Fit Business Kit's Take Action!* worksite employee wellness program and developed the *Andale! Kit* with Spanish materials. The Diabetes Society offered free blood sugar screenings. A few employees found out they had diabetes. This worksite has also finished a training called "Rethink Your Drink." Great changes began after this Spanish training. Some employees decided to stop their daily intake of 60-100 oz. of soda. A group of employees have lost up to two pant sizes. *Christopher Ranch* has also built a quarter-mile walking track. Employees are seen walking the track during the day. After just 10 weeks of the *Andale! Program*, employees have walked a total of 17,376 miles on the new quarter-mile track. Congratulations to *Christopher Ranch* for being a Champion Worksite!

Are you one of our worksites 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 (250 words or less) to [Jacqueline.Cheung@cdph.ca.gov](mailto:Jacqueline.Cheung@cdph.ca.gov) and you may be featured in an upcoming Fit Business Tips of the Month!

# 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 prevent chronic diseases 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 having a dance contest.

## 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](http://www.cachampionsforchange.net)

## 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](http://www.mypyramid.gov) to learn more.

# 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 prevent chronic diseases 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!

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