

Fit Business

TIPS OF THE MONTH



January 2009

Start off 2009 being physically active and adding more fruits and vegetables to your day. Eating this month's fruit and vegetable of the month, mandarin oranges and sweet potatoes, is a great way to ring in the New Year.

Quick and Simple Tips

Snack on Fruits and Vegetables!

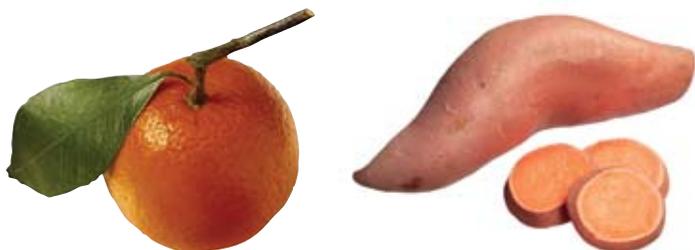
Fruits and vegetables are great to snack on during your day. People often think that they are not supposed to eat between meals. Snacking is not a bad thing when you choose wisely. Eating a mandarin orange is a delicious and healthy way to ease your hunger between meals. Dried fruits are easily carried in your car or on the go. Try snacking on some baby carrots with a lowfat dip.

Don't Fill up on Sugary or Fatty Foods!

If you know that you are going to a party with a lot of unhealthy foods, simply eat a healthy snack ahead of time. This way you can eat fewer unhealthy foods and still feel full. You can also replace less healthy food dishes with delicious vegetable or fruit dishes. Look for foods that are baked or broiled rather than fried or covered with heavy sauces.

Promote Healthy Eating and Active Living in Your Worksite.

Do you and your coworkers enjoy the Fit Business Tips of the Month? If so, your worksite may also enjoy other educational materials from the *Network for a Healthy California (Network)*. The *Network* has a variety of nutrition education and support materials available to order at the cost of production plus shipping/handling and tax. You can order these great materials to support eating fruits and vegetables and physical activity in your worksite! Available items include brochures, cookbooks, recipe cards, and much more! Go to www.championsforchangematerials.net and place your order today!



Champion Worksite

Arteaga's Super Save Food Center in Gilroy is the Bay Area Region's newest Champion for Change. Lupe and Alfredo Lopez, owners of Arteaga's, are proud to support employee wellness. Gustavo of the produce section is the Director of their worksite wellness efforts. Now workers can lead physical activity breaks with the customers as they shop. The colorful produce department is the site of weekly "huddles" for the *Take Action! Physical Activity Challenge. Network for a Healthy California-Worksite Program (Worksite Program)* staff are working with Arteaga's to make physical activity posters that teach shoppers how to be active with their shopping carts. These employees are also leading salsa dancing with shopping carts.

Arteaga's employees have been excited about rising sales of fruits and vegetables. The *Bay Area Worksite Program* and Arteaga's hosted a *Cinco de Mayo Festival de Frutas y Vegetales* on May 3, 2008. Customers came from all over the Bay Area Region to purchase low-cost fruits and vegetables. Arteaga's developed a video about increasing consumption of fruits and vegetables in Spanish and promoted this video through television and in the store. Congratulations to Arteaga's for being a Champion Worksite!

Are you a worksite 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 (200 words or less) to Jacqueline.Cheung@cdph.ca.gov, and you may be featured in an upcoming Fit Business Tips of the Month!

The *Worksite Program* would like to thank Capital Athletic Club, Dragonfly, Buckhorn Grill, Healthy Habits, Rubicon Brewing Company, and La Bou for donating gift certificates. We thank you for being Champions for Change by encouraging Californians to eat fruits and vegetables and be physically active every day.

Mandarin Oranges

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.



Two mandarin oranges are equal to about one cup of fruit. Two mandarin oranges are an excellent source of vitamin C and vitamin A. Vitamin C helps your body heal from cuts and wounds and may lower your risk of infection. Vitamin A helps keep your skin and eyesight healthy. Two mandarin oranges are also a good source of fiber, which helps to keep your heart healthy, keep you regular, and make you feel full so you eat less.

Healthy Serving Ideas



Mandarin oranges are easy to peel and make a great afternoon snack.



Toss mandarin orange slices with green salads.



Mix cooked long grain rice with mandarin oranges, crushed pineapple, chopped red onions, chopped cucumbers, and chopped mint for a refreshing side dish.*

Shopper's Tips

- Look for plump mandarin oranges that feel heavy for their size and have stems that are attached.
- Look for mandarin oranges with glossy, deep orange skins. Mandarin oranges with some patches of green near the stem are okay to eat.
- Keep on the countertop for a few days, or store in the refrigerator for up to one week.

Let's Get Physical!

Get your heart pumping during the cold winter months. Try walking up and down your local mall. There is plenty of security and the temperature is just right. If you walk outside, dressing in layers allows you to stay warm at the beginning of your walk and to take off a layer or two as you warm up.

Sweet Potatoes

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-sized sweet potato is an excellent source of vitamin A, which helps maintain healthy skin and eyesight. One sweet potato is also a good source of fiber and vitamin B6. Fiber helps maintain a healthy heart, helps to keep you regular, and helps you feel full after eating. Vitamin B6 helps your body build healthy blood cells.

Healthy Serving Ideas



Dip strips of sweet potatoes in egg substitute and bake on a lightly oiled pan at 425°F for 25 to 30 minutes for a batch of sweet potato fries.



Bake chopped sweet potatoes with apples and cinnamon for a hot dessert.



Sauté small, sweet potato chunks with chopped onions and bell peppers for a delicious sweet potato hash.

Shopper's Tips

- Look for firm, dark, smooth skin without wrinkles, bruises, or sprouts.
- Do not store sweet potatoes in the refrigerator or they will develop a hard core and an "off" taste.
- Sweet potatoes kept at room temperature should be enjoyed within one week.
- Do not wash sweet potatoes until you are ready to cook them because the moisture will cause them to spoil faster.

Let's Get Physical!

Looking for a new fitness routine? Try renting exercise videos to stay active indoors. You can change videos as often as you like to keep your workout fresh throughout the winter months.

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

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.