



## Why Not Eat More Fruits and Vegetables?

From helping to trim your waistline, boost your immune system, and lower your risk of some cancers and other diseases, fruits and vegetables can work wonders for your health. Simply put, eating more of these nutrient-packed treats can help you feel healthier, more energized, and maybe even happier.

### Disease prevention

Eating plenty of fruits and vegetables—especially leafy greens, cruciferous vegetables (like broccoli and cauliflower), and citrus fruit—may help reduce your risk of:

- Heart disease and stroke
- High blood pressure
- Type 2 diabetes
- Certain types of cancer
- Vision and gastrointestinal health issues

### All-natural additions

Adding fruits or vegetables to your meals adds nutrition, fiber, and bulk to your diet, thus helping you eat fewer calories. Try enhancing your favorite dishes using these healthy substitutions:

- **Breakfast** – boost your breakfast with berries, bananas, or other sliced fruit to replace some of your cereal
- **Lunch** – build sandwiches around roasted eggplant, peppers, or mushrooms—instead of high-fat meats or cheeses
- **Dinner** – swap veggies for half the pasta, bread, or rice in your meal or soup

## Fight off infection

Get help bolstering your immune system with the balanced mix of the vitamins and minerals that fruits and vegetables deliver, such as:

- Vitamin C (citrus fruits, leafy green vegetables, peppers, strawberries, and papaya)
- Vitamin B6 (bananas and chickpeas)
- Vitamin A (carrots, sweet potatoes, pumpkin, and squash)
- Vitamin E, folate, and iron (peas, broccoli, beans, and leafy greens)
- Selenium (garlic and broccoli)
- Zinc (beans and chickpeas)

## Serving sizes made simple

Nearly everybody should be eating more fruits and vegetables each day. Eating any of the following amounts of fruit or vegetables is equivalent to a one-cup serving.

### Fruit:

- 1 medium-sized apple (about the size of a tennis ball)
- 8 large strawberries
- 8 ounces of 100-percent fruit juice
- 1/4 cup of raisins (about a handful)

### Vegetables:

- 2 cups of raw spinach (about enough to fill a cereal bowl)
- 2 medium carrots or 12 baby carrots
- 1 large, whole, raw tomato (3 inches across)
- 1 cup whole or mashed cooked beans or peas (e.g., black beans, chickpeas, soy beans, or split peas)

# Foods That Fight Fatigue

Feel more energetic, alert, and alive with these healthy choices

Are you tired of feeling tired? You may feel sluggish even though you're getting enough sleep and exercise along with doing your best to lead a stress-free life. If that is the case, it may be your diet that's the problem. Luckily, plenty of foods have the potential to raise your energy level—and lift your spirits.



## Perk up with fresh produce

Eating fruits and vegetables full of vitamins, nutrients, and antioxidants can give you an all-natural boost in energy. Dark leafy green vegetables—like spinach, kale, Brussels sprouts, and collard greens—are flavorful, low-calorie, nutritionally-dense choices to liven you up. Most fruits are rich in energizing vitamins and fiber to keep you feeling awake and alert longer, too. Try apples, bananas, oranges, and a mix of colorful berries to stay upbeat.

Ideally, you should mix a variety of different types—and colors—of fruits and vegetables full of nutrients and complex carbohydrates to fuel your body and your mind.



## A refreshing splash of energy

Just like a plant that dries up and wilts without water, humans can suffer from headaches or loss of focus if they're dehydrated. Water plays a huge role in keeping the human body functioning at its best and preventing fatigue. Try to have a glass of H<sub>2</sub>O with every meal and carry a water bottle with you to feel refreshed all day.



## Less is more

Of course, eating light can also avert the lethargic and bloated feelings associated with a post-meal “food coma.” Snacking on smaller portions can stabilize your blood sugar so that your energy level never shoots up too high or sinks too low. Digesting a heavy meal requires energy, which has to be diverted from other bodily processes. This can make you feel like you're being zapped of energy after a big meal.

Mindful eating can help you eat less. Take your time and enjoy the experience every time you sit down for a meal.



## Lay low on the morning joe

Recent studies have found that more frequent, but smaller amounts of caffeine—about the amount in a cup of green tea—throughout the day appear to be better than large amounts—like what's found in a cup of coffee—for staying alert. So, think lower-caffeine tea for that occasional lift.



# Going Mediterranean

The Mediterranean diet provides an easy and tasty way to live a healthier life.



The Mediterranean region has long been associated with light, healthy eating and good living. The ideal Mediterranean meal is naturally heart-healthy—rich in fruits and vegetables, whole grains, vegetable oils, and lean protein sources such as seafood, and plant-based protein like legumes and nuts.

## Reap the benefits

Various studies have shown that the Mediterranean diet has a number of health benefits:

- > Reduces the risk of chronic diseases—such as heart and vascular diseases, type 2 diabetes, certain types of cancer, Alzheimer's disease, cognitive decline, and Parkinson's disease
- > Can help reduce cholesterol and lower blood pressure
- > Can help achieve or maintain a healthy body weight

## How to Get Started

With just a few adjustments, your meals can be more Mediterranean:

- > Learn to love your veggies. Red pepper, spinach, arugula, broccoli, tomatoes, kale, and avocados (just to name a few) are healthy and tasty ways to add color and nutrients to your diet.
- > Try simple dishes that feature vegetables as the main focus, such as sliced tomatoes with olive oil and feta cheese or a pizza with fresh peppers and mushrooms.
- > Enjoy more whole grains: Brown rice, quinoa, and whole-grain breads and pastas.
- > Include more fruits in your diet: Use fruit to make a salad more colorful or to end your meal with something fruity and sweet.

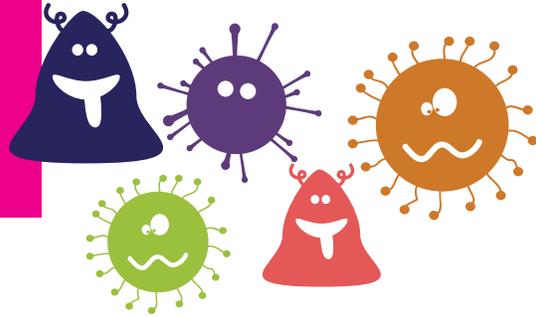
- > Go nuts: Nuts and seeds can be an alternative source for protein, fiber, and heart-healthy fats. Add them to salads or toss them with roasted veggies. Use them sparingly, though; they tend to be high in fat.
- > Choose lean proteins: Seafood, low-fat dairy, and plant-based proteins—like beans, peas, nuts, and soy products.
- > Use “good” fats: Extra-virgin olive oil, nuts, sunflower seeds, and avocados are all great sources of healthy fats. These “good” fats are essential for healthy cells, proper nerve activity, vitamin absorption, and immune system function.

## Additional tips

- > Cut down on sweets and sugars.
- > Avoid getting too much salt, especially if you have high blood pressure.
- > If you drink wine, enjoy it in moderation: no more than one glass per day for women and no more than two glasses per day for men.

In addition to a lighter, more plant-based diet, the Mediterranean lifestyle is also known for its more relaxed and family-oriented way of looking at the world. Maybe we should be adopting that, too.

# FIGHT BAC!



Are you keeping your food safe from germs—like bacteria and viruses?

Foodborne disease outbreaks can present a serious threat to you and your guests. You have the power to help prevent many of the conditions that can lead to foodborne disease—protecting yourself and others.

## What's a foodborne illness?

Foodborne illness—or food poisoning—is an infection caused by food containing harmful germs—like bacteria, viruses, and parasites—or toxins, including plants not meant for human consumption. One good example of foodborne illness is bacteria—such as *E. coli* and *Salmonella*, found in foods like meat, poultry, eggs, dairy products, and produce—which can cause sudden short-term illness. These germs and toxins can also lead to more serious complications. Always consult with your health care provider if you think you may have food poisoning.

## What's the big deal?

Each year, one in six Americans get sick from contaminated foods and drinks, according to the Centers for Disease Control and Prevention (CDC). Reducing foodborne illness by a mere 10 percent would shield five million Americans from sickness annually, CDC estimates.

## What can you do?

We can play an important role in reporting potential threats of outbreaks. Take the following steps if you believe that you or someone you know is suffering from a foodborne illness.

**Contact your health care provider** to determine if you have a foodborne illness and get necessary treatment.

**Report your illness and symptoms** to your state or local health department.

**Document everything you ate** the days leading up to the illness. Record your contact with pets or other animals prior to feeling sick, too.

## Cooking with care

Keeping yourself and your loved ones safe from food poisoning at home is vital. Employing proper food safety can be boiled down to four simple steps:

- 1. Clean:** Wash your hands, cutting boards, dishes, utensils, and countertops before preparing a meal.
- 2. Separate:** Keep raw meats and other foods separate to prevent cross-contamination.
- 3. Cook:** Use a food thermometer to ensure foods are cooked to a safe internal temperature—145°F for whole meats, 160°F for ground meats, and 165°F for all poultry.
- 4. Chill:** Keep your refrigerator below 40°F and refrigerate any food that might spoil.

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Food safety is everyone's responsibility. Learn more at [FoodSafety.gov](http://FoodSafety.gov).