



FRUIT AND VEGGIE CATEGORIES THAT FEED THE MIND AND BODY

BY: WELLWORKS FOR YOU

Find out how some of your favorite fruits and veggies pack more of a positive mind and body punch than you may have imagined.

>>CONTINUED BELOW



QUICK TIP

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CONSUME PRODUCE, REDUCE YOUR RISK

Harvard research, in tandem with several other long-term studies in the United States and Europe, yielded that individuals who ate more than five servings of fruits and vegetables per day had roughly a 20-percent lower risk of coronary heart disease and stroke compared with those who only ate three or less servings of fresh produce per day.

The fall season presents a sweet (and crunchy) opportunity to take advantage of some of Mother Nature's finest body and brain food. Fruits and vegetables are nutrient-rich, providing essential vitamins not readily available in other foods.

Take a look at a few power fruit and veggie categories to keep your mind and body fit and functioning at their very best.

FOLATE-RICH FRUITS AND VEGGIES

Oranges, strawberries, papaya, asparagus, artichokes, and broccoli are major brain boosters and particularly important for soon-to-be moms.

Folate has been shown to help with the development of a baby's brain and spine during pregnancy.

FIVE FAB FIBER-FILLED FRUITS AND VEGGIES

To keep digestion healthy, maintain blood-sugar levels, and lower cholesterol, incorporate more apples, pears, bananas, green beans, and spinach into your daily diet.

ANTE UP WITH THESE ANTIOXIDANTS

Antioxidants found in fruits and veggies such as blueberries, cherries, red grapes, plums, kale, brussel sprouts, spinach, and red bell peppers are packed with free-radical fighting compounds to help protect cells in the body. Antioxidants have also been shown to reverse the signs of aging.

VITAMIN C AND THE POWER THREE

Many people associate the orange as a major vitamin C player, but did you know that apricots, cantaloupe, raspberries, cabbage, cauliflower,

squash, and tomatoes are other contenders of vitamin C packed produce? Sources of vitamin C are essential in three major facets:

1. Promotes healing and fights free radicals
2. Keeps your teeth and gums healthy
3. Supports collagen production for tissue growth

LEAFY GREENS FOR EVERYTHING!

Want to get the most possible nutrients to cover almost every supplemental category listed above (and sometimes even more)? Generally, dark leafy greens, such as lettuce, spinach, swiss chard, and mustard greens, will contain multiple vitamin-fueled benefits.

Source: Wellworks For You

FEATURED RECIPE:

TACO SALAD

Serves: 4

INGREDIENTS

- ½ cup prepared salsa
- ¼ cup reduced-fat sour cream
- 1 teaspoon canola oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 pound 93%-lean ground turkey
- 2 large plum tomatoes, diced
- 1 14-ounce can kidney beans, rinsed
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- ¼ cup chopped fresh cilantro
- 8 cups shredded romaine lettuce
- ½ cup shredded sharp Cheddar cheese

DIRECTIONS

1. Combine salsa and sour cream in a large bowl.
2. Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring often, until softened, about 2 minutes. Add turkey and cook, stirring often and crumbling with a wooden spoon, until cooked through, about 5 minutes. Add tomatoes, beans, cumin, and chili powder; cook, stirring, until the tomatoes begin to break down, 2 to 3 minutes. Remove from the heat, stir in cilantro and ¼ cup of the salsa mixture.
3. Add lettuce to the remaining salsa mixture in the bowl; toss to coat. To serve, divide the lettuce among 4 plates, top with the turkey mixture and sprinkle with cheese.

NUTRITION

Per serving: 447 calories; 19 g fat(8 g sat); 10 g fiber; 27 g carbohydrates; 42 g protein; 191 mcg folate; 108 mg cholesterol; 5 g sugars; 9,277 IU vitamin A; 13 mg vitamin C; 216 mg calcium; 6 mg iron; 686 mg sodium; 1,122 mg potassium

Source: <http://www.eatingwell.com/recipe/249157/taco-salad/>



MONTHLY DRAWING



Please e-mail info@wellworksforyou.com with your response to be placed in a drawing to possibly win a \$25.00 Wellworks For You Visa Reward Card. If you wish to be placed in the drawing, your answer must be submitted to Wellworks For You by the last day of the month.

How will you incorporate more fiber into your diet this season?

SEPTEMBER 2018

HEALTH OBSERVANCE

HEALTHY AGING MONTH

SEPTEMBER 1 – SEPTEMBER 30

September is Healthy Aging Month, and so we wanted to share some valuable tips on how to maintain a strong, healthy body regardless of your age.

It is inevitable that with age comes weight gain, muscle loss, weaker bones, and joint pain, right? **WRONG.** Properly preparing your body for the day's activities through exercise and healthy eating can help prevent injuries and pain and improve your body's performance. Cardio, strength training, and stretching are vital in improving posture, strengthening muscles, and increasing flexibility, all of which contribute to a stronger and healthier body.

Take a few minutes each morning and evening to properly condition your body. Don't belong to a gym? No worries. Exercise in the convenience of your own home. A little goes a long way, and when it comes to your future, you don't want to take any shortcuts.

DID YOU KNOW?

According to the Bureau of Labor Statistics, **back injuries** account for **one** of every **five** injuries and illnesses in the **workplace**. **Eighty percent** of these injuries occur to the **lower back**. Speak with your physician today for exercise recommendations to **prevent** back injuries.

Source: Wellworks For You

