

January 2016

LIVE WELL @ WORK

New This Issue

@ National Blood Donor Month

@ Swap Out—Swap In

@ Harvest of the Month



National Blood Donor Month

National Blood Donor Month has been observed in January since 1970 with the goal of increasing blood and platelet donations during winter – one of the most difficult times of year to collect enough blood products to meet patient needs. Inclement winter weather often results in cancelled blood drives, and seasonal illnesses, like the flu, may cause some donors to become temporarily unable to donate.

Blood can be safely donated every 56 days. Platelets can be given every seven days – up to 24 times a year.

For more information or to schedule an appointment to donate, call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org.

Harvest of the Month: Grapefruit and Salad Greens



FUN FACTS!

- Half of a medium grapefruit equals about 1/2 cup fruit and is packed full of vitamin C.
- One cup of salad greens—like green leaf, red leaf, romaine, and spinach—is an excellent source of vitamin K, which works with calcium to help build strong bones.
- Try the two together! Add a few peeled grapefruit wedges to your next salad for a refreshing, nutritious dish.

SWAP OUT: New Year's Fad Diets SWAP IN: Healthy Lifestyles

Fad Diets DON'T last. Research has shown that people who diet lose weight fast, and then gain all of the weight back plus more. Diets and fads are typically not realistic or attainable for the everyday American lifestyle.

Instead, change your lifestyle! A lifestyle change takes time and work, but the benefits are worth it. See some examples of a healthy lifestyle below:



- Eat nutritious foods from all food groups (Fruits, Vegetables, Protein, Dairy, Grains).
- Participate in regular daily physical activity.
- Don't smoke and avoid second-hand smoke.
- Take time to manage stress.

ChooseMyPlate.gov has many tools and resources towards healthy eating and lifestyle.

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For CalFresh information, call 2-1-1. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips.