

April 2016

LIVE WELL @ WORK

New This Issue

@ National Minority Health Month

@ Swap Out—Swap In

@ Harvest of the Month



April is National Minority Health Month

During April, the Centers for Disease Control and Prevention (CDC) recognizes National Minority Health Month to raise awareness about the health inequalities that affect minority populations. The CDC supports several activities in the effort to reduce racial and ethnic health disparities, such as:

- The Million Hearts Initiative, which focuses on preventing cardiovascular disease and stroke.
- Childhood Obesity Research Demonstration Project, which focuses on community approaches to support healthy behaviors including healthy eating and physical activity.
- National Influenza Vaccine Disparities Partnership, which promotes vaccination among underserved populations.

For more information on these programs and others, visit:

www.cdc.gov/minorityhealth/

Harvest of the Month: Cucumber and Berries

FUN FACTS!



- Not only are unpeeled cucumbers a good source of vitamin K, but they also help to hydrate the body because they are 95% water.
- For even more hydration, try adding fresh cucumber slices to water for a refreshing drink!
- The deep reds, blues, and purples in berries are partially caused by phytochemicals, which may help you stay healthy.

SWAP OUT: Fast Food SWAP IN: Home Prepared Lunch



Fast food meals can be full of calories and contain unhealthy levels of fat and sodium. Fast food also often lacks fruits, vegetables, and whole grains, which are essential for good nutrition.

Swapping in healthy packed lunches to your workday has many benefits. By preparing a lunch ahead of time you control the portion sizes and contents, including the amount of fruits and vegetables.

By swapping out fast food lunches, you are removing impulsive food choices that can occur when hunger strikes.

A packed lunch does not have to mean a boring lunch! **Making your lunch is a great way to try new recipes and healthy snack combinations that incorporate vegetables, proteins, and whole grains with fiber.** Snacks with high fiber: whole grain crackers, fruit, and unsalted nuts are also healthy options. Taking a break at night to pack lunch for the next day can save time and money, and ensure healthier weekdays.



UC San Diego
SCHOOL OF MEDICINE

healthy
WORKS
Paths to Healthy Living
County of San Diego HHSA

a program of
LIVE WELL
SAN DIEGO

CHAMPIONS
for CHANGE™

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.