

July 2016

LIVE WELL @ WORK

New This Issue

- @ UV Safety Month
- @ Swap Out—Swap In
- @ Harvest of the Month



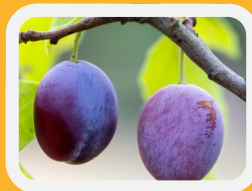
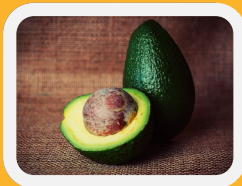
July is UV Safety Month

The U.S. Department of Health & Human Services recognizes UV Safety Month in July when the sun's rays are especially intense. The skin is the body's largest organ, and if not protected properly it can become damaged by the sun's harmful UV rays. Here are some pointers for sun protection that still allow you to go out and enjoy the warm summer weather:

- Wear proper clothing, such as pants, long sleeves, a hat, and UV-blocking sunglasses when possible.
- Stay in the shade or bring an umbrella if you know you will be in direct sunlight.
- Avoid direct sunlight between the hours of 10am - 4pm when the sun's rays are strongest.
- Apply broad-spectrum sunscreen (at least SPF 30) every two hours.

To learn more about UV safety, visit: www.foh.hhs.gov/calendar/july.html

Harvest of the Month: Avocado & Plums



FUN FACTS!

- Avocados are a good source of monounsaturated fat, which is a healthy fat that your body needs. It helps lower the "bad" cholesterol and also adds vitamin E, an antioxidant, to your diet.
- Plums come in a variety of colors: red, purple, black, light green, and yellow.
- Get creative with plums and bring them as a snack in your lunch or cut them up and toss the slices in a fresh salad.

SWAP OUT: Candy SWAP IN: Frozen Grapes



Most of us know what it feels like to experience sweet tooth cravings. Unfortunately, candy is loaded with sugar and other unnatural colors and flavors.

When that nagging sweet tooth can't be ignored, try snacking on frozen grapes.

Grapes are one of the sweeter fruits, but they contain vitamins and fiber where candy does not. Freezing them maintains their nutritional value while also creating a refreshing snack whenever you need it. Another benefit of freezing the grapes is that they take longer to eat, so you are less likely to overeat while you savor the flavor. Whether you prefer red, green, or both, try washing grapes and freezing them for your next sweet treat!



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