

LIVE WELL @ WORK

NEW THIS ISSUE

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FRUITS AND VEGETABLES—MORE MATTERS MONTH

Eating fruits and vegetables may reduce your family’s risk of many diseases, so the new 2015-2020 Dietary Guidelines for Americans recommends eating more of these than any other food group. Why eat MORE fruits and veggies? Here are some reasons:

**Vitamins and Minerals:** Fruits and veggies are rich in vitamins and minerals that help keep your body healthy.

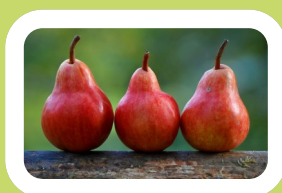
**Convenience:** Fruits and veggies are nutritious in any form—fresh, frozen, canned, dried, and 100% juice, so they’re ready when you are.

**Fiber:** Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.

**Fun to eat:** Some crunch, some squirt, some you peel...and some you don't, and some grow right in your own backyard!

Looking for more? Visit: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

Harvest of the Month



Fruit: Pears

Vegetable: Bell Peppers



Get to know the harvest

- Bell peppers are an excellent source of vitamin C which is an antioxidant that helps protect our bodies from illness.
- Toss chopped pears, onions, bell peppers and mangos with a touch of cilantro and lime juice for a quick, healthy salsa.
- Bartlett pears are ripe when they turn golden yellow. Other varieties, like Anjou and Bosc, are ripe when they feel slightly firm near the stem.

**SWAP OUT: Regular Pasta** →  
**SWAP IN: Spaghetti Squash** ←

Traditional pasta dishes are typically rich in carbohydrates—an essential nutrient. However, if you’re looking for a more nutritionally-rich, lower calorie alternative next time you’re craving Italian, give spaghetti squash a try. Spaghetti squash is a yellow, oblong, mildly-flavored winter squash available in the produce section of most grocery stores. After cooking and fluffing the inside with a fork, the flesh separates to form spaghetti-like strands. Here is what is inside:

- Due to its high water content, spaghetti squash contains only 42 calories per cup. It also has higher amounts of potassium and vitamin A than pasta.
- It is also naturally low in fat with only 0.5grams per cup.
- There is a small dose of every essential mineral and almost every essential vitamin in a serving.

Layer under a vegetable-rich sauce and eat just like spaghetti. Bon appétit!

