

NEW THIS ISSUE

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NATIONAL HEALTHY EATING DAY

National Healthy Eating Day is a campaign to eat a well-balanced diet, get active, and kick off a healthy lifestyle focus in your community, in your circle of friends, or with your family. Choose a day of your own or take part in the American Heart Association’s official day—coming up on November 2nd. Start planning now for how you want to participate in this year’s event. Here are some suggestions:

**Host a heart-healthy dinner party, cooking demonstration, or recipe tasting** to introduce yourself and others to fun, new, healthy menu options.

**Make an appointment with a registered dietitian** if you or a loved one needs help changing a diet.

**Set a goal or make a pledge** to commit to a healthier lifestyle. Post your goal on the fridge or bathroom mirror as a reminder of your commitment.

**Provide a healthy snack** for co-workers, your child’s classroom, or a nearby community center.

Harvest of the Month



Fruit: Grapes

Vegetable: Zucchini



Get to know the harvest

- Rinse and freeze grapes for a quick snack or carry raisins (dried version of grapes) for a healthy on-the-go snack.
- Sliced zucchini can be kept in a sealed bag or container for up to three days in the fridge. Store whole zucchini in a sealed bag in the refrigerator for up to a week.
- A 1/2 cup of sliced zucchini is a good source of vitamin C.

SWAP OUT: Sugary Energy Drinks  
SWAP IN: Black Coffee or Tea

Feelings of drowsiness in the afternoon or the struggle to wake up in the morning can have us reaching for a caffeinated beverage to help increase alertness. Moderate amounts of caffeine are not harmful to the majority of people, but this amount varies by person. According to the Mayo Clinic, up to 400 mg of caffeine is considered moderate (equal to about four cups of brewed coffee). However, think twice before consuming an energy drink as your source of caffeine as these beverages often contain added sugars. Some energy drinks can contain more than 200 calories from added sugars. The 2015-2020 Dietary Guidelines for Americans recommends limiting the amount of added sugars to no more than ten percent of your total calories. Practice nutrient label reading to identify any form of sugar in the ingredients listing to keep your added sugar intake low.



For a natural source of caffeine with no added sugar, swap in plain black coffee or tea.