



# LIVE WELL @WORK

## Newsletter

UC San Diego  
SCHOOL OF MEDICINE

Center for  
Community Health

APRIL 2018

### FEATURE

## Get Healthy By Being Green

Earth Day is Sunday, April 22<sup>nd</sup>. This is a day to celebrate the beautiful natural landscape, plants, and animals in San Diego and beyond! Did you know there are a lot of things you can do to lower your carbon footprint (i.e., air pollution) while also improving your health? It's true! Collectively, we can greatly reduce environmental pollution by making healthy choices such as by filling up your plate with unprocessed fruit and vegetables. Eating little to no meat produces about half as much pollution when compared to eating meat very often.<sup>1</sup> The same is true for physical activity. Walking, riding a bicycle, or taking public transportation to work produces a much lower carbon footprint than driving a car. Additional healthy behaviors you can adopt to lower your environmental impact include: eat a variety of protein sources such as beans, lentils, and tofu; eat more whole grains; and increase your intake of fresh fruits and vegetables. Whenever possible, shop locally by visiting your neighborhood farmers' market. Also, engage in active transportation by choosing to bike, walk, and use public transportation instead of driving.

1. Scarborough, P., Appleby, P., Mizdrak, A., Briggs, A., Travis, R., Bradbury, K., et al. (2014). Dietary greenhouse gas emissions of meat-eaters, fish-eaters, vegetarians and vegans in the UK. *Climate Change*, 125(2) 179–192. doi:10.1007/s10584-014-1169-1

### HARVEST OF THE MONTH

## Peas & Grapefruit

A ½ cup of peas is a good source of vitamin A and protein. Vitamin A is important to maintain eye health and to fight infection.

Did you know half a medium grapefruit is an excellent source of vitamin C? Vitamin C aids in the repair of body tissues.



### SWAP OUT → SWAP IN

## One Protein → Diverse Protein

Protein is an important part of a healthy and balanced diet. In fact, you need protein daily to repair your body and create new cells. This is because nearly every cell in your body contains protein. For example, protein is vital for the health of skin, organs, hair, and muscles. Without the proper amount of protein, you can experience muscle loss, increased risk of illness, and feelings of weakness and hunger. Meat is the default choice for many Americans when it comes to meeting their protein needs. Although lean meats can be a healthy choice, meat (especially red meat) should be eaten in moderation to avoid the risks of high cholesterol, elevated blood pressure, and heart disease associated with over-consumption. Try getting protein from a variety of sources such as beans, nuts, lentils, tofu, milk, yogurt, cheese, and eggs, as well as occasional fish or seafood. Visit local farm stands, nut farms, or ethnic markets to try new protein sources such as almond butter, meatless soy chorizo, or duck eggs. Take the kids to meet local fishermen at the Tuna Harbor Dockside Market's open-air seafood market at the Port of San Diego on Saturdays from 8 a.m. until 1 p.m.