



# LIVE WELL @WORK

## Newsletter

UC San Diego  
SCHOOL OF MEDICINE

Center for  
Community Health

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### FEATURE

## Fresh Fruit and Vegetables Month

June is National Fresh Fruit and Vegetables Month! With the growing season in full swing, it is the perfect time to check out fresh produce grown locally. Farmers' markets have plenty of fruits and vegetables this time of year. Find a local farmers' market near you by simply searching online. Often farmers' markets have fruits and vegetables that are not always available in the grocery store, which is a great way to try something new! Fill up your basket or reusable bag with different colors of fruits and vegetables. Eating a rainbow of fruits and vegetables assures you are getting a variety of nutrients. For breakfast, add berries or other fruit to yogurt or cereal. Vary your fruits and vegetables so you do not get tired of eating the same ones. For snacking during the day, fruit and vegetables are a great choice! Pack some baby carrots and sliced cucumber or take a peach, banana, or nectarine to work for when you get hungry. For dinner, make a stir-fry! A stir-fry is packed with all kinds of vegetables and is an easy way to boost your intake. Ask how to prepare new fruits and vegetables when you are at the farmers' market.

### HARVEST OF THE MONTH

## Beans & Stone Fruits

Green beans, string beans, or wax beans, are a good source of vitamin K. Besides helping control normal blood clotting, vitamin K may also help strengthen bones.

Stone fruits are fruit with a pit in the middle, like peaches, plums, nectarines, apricots, and cherries.



### SWAP OUT → SWAP IN

## Takeout → Meal Prep

On a busy night, it is easy to pick something up for dinner on the way home, but take-out food often has larger portions, more calories, added sugar, fat, and sodium than meals you make at home. Meal prepping is a great way to get a healthy home-cooked meal without having to do a lot of work on a busy night. Spend a few hours on a weekend preparing multiple meals that can be stored in the freezer. Then on busy nights, you can just pull one of your pre-made meals out and enjoy! You can also freeze ready-to-cook meals, so all you have to do is put them in the oven or microwave. Here are two tips for successful food prepping: 1) Write out your plan before you start. If you know you need the oven for a few different dishes, figure out what dishes can cook at the same time. You can do this for pots and pans too. 2) Make large batches of one ingredient that can be used in different dishes. For example, cook several pounds of chicken at once in a slow cooker or bake in the oven. Then store it unseasoned in the fridge to use on salads, toss in pasta, or add to a stir-fry to complete a meal.