

Healthy Futures Newsletter

Wassaja Memorial Health Center

For diabetes, nutrition and health education & Information visit us at

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IT'S JUNE AND FRESH RULES!



In June, we celebrate national fresh fruit and veggie month. The goal is to increase consumption of fresh produce. Fruits and vegetables provide valuable nutrients to your body including calcium, fiber, folate, iron, magnesium, potassium, sodium, vitamin A and vitamin C. When it comes to fresh produce you have to be careful because they spoil faster than, frozen, canned or dried fruits and

vegetables. So follow the First In First Out rule (FIFO). In addition, some fruits and veggies should be stored at room temperature and some in the fridge. See page 2 for details on storing your fresh produce. Here are some tips to help take advantage of nature's bounty of fresh fruits and vegetables.

- Start early, top your breakfast cereal with fresh berries, bananas or peaches
- Add some crisp lettuce and juicy tomato slices to a sandwich or wrap
- Go to the Farmer's Markets to find the freshest and in season produce
- Have some dessert! Fruits are full of natural sweetness, they are the perfect way to round out your meal.

Volume 1, Issue 6



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Storing Fresh Fruits and Vegetables for Best Flavor

From fruits & veggies more matters

Store in the refrigerator

<u>FRUIT</u>		<u>VEGETABLES</u>				
	Berries		Belgian Endive	Cauliflower	Leafy Vegetables	Radishes
Apples (more than 7 days)	Cherries	Artichokes	Broccoli	Celery	Leeks	Spinach
Apricots	Cut fruit	Asparagus	Brussel Sprouts	Cut Vegetables	Lettuce	Sprouts
Asian peas	Figs	Green Beans	Cabbage	Green Onions	Mushrooms	Summer Squashes
	Grapes	Beets	Carrots	Herbs (not basil)	Peas	Sweet corn

- Place fruits and vegetables in separate, perforated plastic bags.
- Use within 1-3 days for maximum flavor and freshness.
- Store each group in different produce drawers in the refrigerator to minimize the detrimental effects of ethylene produced by the fruits on the vegetables.

Ripen on the counter first, then refrigerate

Avocados	Kiwi	Nectarines	Peaches	Pears	Plums	Plumcots
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- To prevent moisture loss, store fruits and vegetables separately in a paper bag, perforated plastic bag, or ripening bowl on the counter away from sunlight. Ripening fruit in a bowl or paper bag can be enhanced by placing an apple with the fruit to be ripened.
- After ripening, store in refrigerator and use within 1-3 days.

Store only at room temperature

<u>FRUIT</u>			<u>VEGETABLES</u>			
	Citrus fruits	Persimmons		Garlic	Peppers	Tomatoes
Apples (fewer than 7 days)	Mangoes	Pineapple	Basil (in water)	Ginger	Potatoes	Winter Squashes
Bananas	Papayas	Plantain	Cucumber	Jicama	Pumpkins	
		Pomegranates	Eggplant	Onions	Sweet Potatoes	

- Many fruits and vegetables should only be stored at room temperatures. Refrigeration can cause cold damage or prevent them from ripening to good flavor and texture. For example, pink tomatoes ripen to a better taste and red color if they are left at room temperature. In the refrigerator, they do not turn red and even red tomatoes kept in the refrigerator lose their flavor.
- Keep away from direct sunlight. Store garlic, onions, potatoes and sweet potatoes in a well-ventilated area in the pantry. Cucumbers, eggplant and peppers can be refrigerated for 1-3 days if they are used soon after removing from the refrigerator.

Cleaning your produce: Always keep produce separate from raw meat, poultry and seafood. Never use detergent or bleach to wash produce. Instead, rinse under running tap water immediately prior to use, including those with skins and rinds that are not eaten. Washing too far in advance removes some of the natural preservatives. However, head lettuce or leafy greens remain crisper when washed right away and then refrigerated. Packaged fruits and vegetables labeled “ready to eat, washed or triple washed, need not be washed. Refrigerate all cut, peeled or cooked fruits and vegetables within 2 hours.

DID YOU KNOW?



National Dairy Month started off as National Milk Month in 1937, as a way to promote drinking milk. It has now become an annual tradition to celebrate the contributions from the dairy industry. National Dairy Month is a way to help kick off the summer with nutrient dense dairy foods. Dairy products contain 9 essential nutrients to help manage weight, reduce your risk of high blood pressure, osteoporosis and certain cancers. Milk provides protein to build and repair strong muscles and Vitamin A for healthy skin,

dairy products are a natural nutrient powerhouse. The 2015 Dietary Guidelines for Americans recommend everyone age 9 and older get 3 servings of dairy a day.

So this month give thanks to our nation's dairy industry!



Do you wake up feeling exhausted?

Diabetic Living

Can you barely drag yourself out of bed in the morning? Are you generally worn out and unmotivated? There are a few things that many of us do or don't do that can lead to that constant feeling of tiredness. Many times it is a symptom of the American lifestyle: stress, eating too many fast foods and not exercising enough. Answer these eight questions to find out if your lifestyle habits are contributing to your fatigue.

1 DO YOU GET ENOUGH SLEEP?

Think about how often you wake up during the night. Frequent wake ups, whether due to the bathroom visits or a restless pet or spouse, disturb your sleep quality.

What to do: Adjust your lifestyle to make room for 7 to 10 hours of uninterrupted sleep

2 DO YOU DRINK A LOT OF CAFFEINE?

You might be surprised how long the effects of caffeine can last. A cup of coffee with dinner can disrupt your sleep almost as much as sipping before you bed.

What to do: Switch to decaf by late afternoon and limit caffeine to 400mg daily (about 3-5 cups)

3 HOW MUCH DO YOU EXERCISE?

Exercise gives you more energy, not less. Many studies show that exercise decreases fatigue by as much as 65% in just 6 weeks. You should aim for 150 minutes of exercise a week.

What to do: Add a daily walk to your schedule or check out a gym for classes that appeal to you

4 DO YOU EAT BREAKFAST?

If you skip breakfast regularly, you're starting off the day with low energy. To fight fatigue throughout the day, your breakfast should combine healthy protein with complex carbohydrates.

TO DO: If you breakfast fits these guidelines, move on, if not work with a Registered Dietitian to plan out healthy meals that fit your lifestyle.

5 DO YOU DRINK ENOUGH?

Even mild dehydration alters your mood and energy levels. Losing less than 2% of your body's normal water level is enough to leave you fatigued and less able to concentrate. Don't wait till you feel thirsty. You can also tell if you're dehydrated by the color of your urine, the lighter the color the more hydrated you are.

What to do: Drink at least 8–8 ounce glasses of water a day.

6 DO YOU SMOKE?

Studies have shown that smokers are less active and are more tired than nonsmokers. Smoking contributes to reduced lung function, an issue that a teenage or 20 year old smoker may not feel, but a 40 year old smoker, starting to have lung problems could contribute to exhaustion. Fatigue can also be a withdrawal symptom of nicotine addiction, you may have to fight for years before your energy rebounds.

TO DO: You know what you need to do

7 ARE YOU TAKING CARE OF A CHILD OR DEPENDENT ADULT?

About 43.5 million people are unpaid caregivers. As part of our culture we not only take care of our elders but many take care of extended family and children. There is no question about it, being a caregiver is exhausting, and no matter whom you are taking care of you're probably putting your own needs last.

TO DO: Let others help. Be ready with a few easy to offload tasks the next time someone offers a hand

8 WHAT DO YOU DO FOR FUN?

If you can't think of an answer to this question, you might be focusing too much on your career or family that you haven't done anything fun for yourself in a while. This can leave you feeling drained and run down.

TO DO: If you need to add some fun to your life, make a weekly appointment with yourself to do something you love for you.

NOTE: If you've made it through this list and can't find a culprit for your fatigue, it might be time to visit your doctor.

California Avocado Summer Wrap

recipe from fruitandveggiesmorematters.org



Ingredients:

- 1 ripe avocado, peeled, seeded and cut into chunks
- 1/2 cup plain nonfat Greek yogurt
- 1 teaspoon lime juice
- 1/2 cup blueberries
- 1/2 cup grated carrots
- 1/4 cup chopped red onion
- 2 cups chopped fresh arugula or spinach
- 12 ounces cooked chicken breast, cubed
- 4-8 inch whole wheat tortillas

Directions:

Mash half the avocado chunks with yogurt and lime juice in a medium bowl. Add remaining filling ingredients, including the rest of the avocado chunks; mix gently. Top each tortilla with 1/4 of the filling mixture. Roll, tuck in the ends. Slice in half diagonally, securing with toothpicks, if needed.

