

Jasper School District

Staff Wellness Newsletter

September, 2011



You guessed right.....September is **National Fruit and Veggie Month!** How many of us get the recommended number of fruit and vegetables?



Half our plate should be fruits and veggies! Seems like a lot to most of us, here are some ideas to help.

- replace **chips** at lunch with one cup fresh **strawberries**, one small **apple**, 16 baby **carrots** (it is the same number of calories!)
- saute sliced chicken breast with broccoli, onions, carrots, and yellow squash in small amount of olive oil, seasoned with garlic powder and pepper. Serve with side of blueberries and low fat yogurt.
- slice fresh tomatoes and serve with dinner
- try freezing grapes, they are cool and refreshing
- have peanut butter with apples, bananas, carrots, or celery

The key is substitution. Eat fruits and vegetables *instead* of some other high calorie food.

Want more information? Check out these websites for how fruits and veggies can help you manage your weight:

www.cdc.gov/5aday

www.usda.gov/cnpp

www.5aday.org

