



# Positive Pulse Wellness Newsletter

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"Promote and protect the wellness of our community through education, programs, and services."

## Choosing Foods and Beverages for Healthy Meetings, Conferences, and Events

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### Special points of interest:

- \* Challenge Option 1: Complete the 30 Days of Walking Challenge; Optional Modification to complete half the distance.
- \* Challenge Option 2: Complete the 30-Day Water Challenge.

The Centers for Disease Control and Prevention (CDC) promotes workplace practices and policies that make healthy eating choices available whenever food and beverages are provided at work-related events. Many workers consume a significant portion of food away from home. Foods consumed at cafeterias, from vending machines, and in other public food-service establishments are often not as nutritious or healthy as foods prepared at home. In general, Americans' diets exceed saturated fat and sodium recommendations, and few Ameri-

cans are meeting fruit, vegetable, and whole grain recommendations. The Dietary Guidelines for Americans provides guidance on a diet that promotes health and may help prevent the effects of diet-related chronic diseases. Making healthy food available at work is one way to encourage employees to eat a healthy diet.

- In 1995, an estimated \$9.3 billion in lost productivity associated with morbidity from coronary heart disease, cancer, stroke, and diabetes was attributed to diet.

- A poor diet is an underlying factor in the development of many conditions such as heart disease, some cancers, stroke, diabetes, and overweight and obesity.
- In 1999-2000, 65% of adults reported being overweight or obese. People who are overweight or obese are more likely to suffer from many chronic illnesses and conditions.



## Fruit and Vegetable Safety



Fruits and veggies add nutrients to your diet that help protect you from heart disease, stroke, and some cancers. And choosing produce including vegetables, fruits, and nuts—instead of high-calorie foods also helps you manage your weight.

But sometimes raw fruits and vegetables may contain harmful germs, such as Salmonella, E. Coli, and Listeria, which can make you and your family sick with food poisoning. In the United States, nearly half of foodborne illnesses are caused by germs on contaminated fresh produce.

Safer choices for fresh produce are washed fresh vegetables, including salads, and cooked vegetables. Unwashed fresh vegetables, including lettuce and salads, are more likely to make people sick with a foodborne illness.

Enjoy uncooked fruits and vegetables while taking steps to avoid food poisoning.

- **Check** fruits and vegetables for bruising and damage .
- **Throw away** fruits and vegetables that are spoiled or have been recalled.

- **Wash** your hands, kitchen utensils, and food preparation surfaces, including chopping boards and countertops, before and after preparing fruits and vegetables.

- **Clean** fruits and vegetables before eating, cutting, or cooking, unless the package says that the contents have been pre-washed.

- Wash or scrub all fruits and vegetables under running water—even if you do not plan to eat the peel—so dirt and germs are not transferred from the surface to the inside when you cut the produce.

- Dry fruit or vegetables with a clean paper towel.

**Keep fruits and vegetables separate** from other foods that could contaminate them, such as raw meat and seafood.

**Refrigerate** fruits and vegetables that you have cut up, peeled, or cooked as

soon as possible, or within 2 hours. Refrigerate within 1 hour if the temperature outside is above 90°F. Chill them at 40°F or below in a clean container.

Anyone can get a foodborne illness, but people in certain groups are more likely to get sick and to have a more serious illness. These groups of people are:

- Young children
- Pregnant women
- Adults aged 65 and older
- People with weakened immune systems

If you or someone you care for has a greater chance of food poisoning, it's especially important to take steps to prevent food poisoning when preparing and eating fresh fruits and vegetables.



## Brandi's "Clean Eating" Recipe ([www.nhlbi.nih.gov](http://www.nhlbi.nih.gov))

### Mango Shake

*Children love the creamy sweet taste of this drink.*

2 cups	1% milk
4 tablespoons	frozen mango juice (or 1 fresh pitted mango)
1 small	banana
2	ice cubes

Put all ingredients into a blender. Blend until foamy. Serve immediately.

*Variations: Instead of mango juice, try orange*

*juice, papaya, or strawberries.*

Yield: 4 servings--Serving size: 3/4 cup

Each serving provides:

Calories: 106  
Total fat: 2 g  
Saturated fat: 1 g  
Cholesterol: 5 mg  
Sodium: 63 mg  
Calcium: 157 mg  
Iron: Less than 1 mg