

Calendar of Health Events

Promote the *Live Like Your Life Depends On It* campaign by incorporating campaign materials into monthly health theme activities.

July

It's Never Too Late to Feel Great and Eat Smart

Being active for 30 minutes or more on most days of the week can help you feel great! Summer is a great time to get outside and enjoy the weather by taking a walk or participating in some other physical activity, such as biking, gardening, playing, hiking or swimming. Gardening is a good way to increase physical activity and enjoy fresh fruits and vegetables.

Eating smart helps you feel and look better so you live a longer, healthier life. Summer provides a great opportunity to enjoy fresh fruits and vegetables that are easy and fast to prepare! Often, washing the fruit or vegetable is the only preparation needed. Taking advantage of seasonal fruits and vegetables offers more variety.



Suggested Activities:

- Encourage physical activity among the elderly by distributing the *Live Like Your Life Depends On It* Feel Great message card or posting the Feel Great poster at senior centers. Encourage walking in the morning or evening to avoid heat-related illness. Information on heat-related illness can be found at <http://health.mo.gov/living/healthcondiseases/hyperthermia/index.php>.
- Promote physical activity in the community by distributing the *Live Like Your Life Depends On It* Move More message card at local beauty salons, pharmacies, libraries, etc. Consider including information related to sunscreen and insect protection. Information on skin cancer can be found at <http://www.cdc.gov/cancer/skin/>. Free educational materials related to avoiding tick-borne diseases and choosing insect repellents can be found at <http://health.mo.gov/living/healthcondiseases/communicable/tickscarrydisease/index.php>.
- Solicit local churches and other faith-based organizations to promote healthy eating among their members by attaching the *Live Like Your Life Depends On It* Eat Smart sample newsletter article to their flyer/bulletin or including excerpts in their bulletin/newsletter. They might also include recipes using fresh fruits and vegetables. Recipes using fresh fruits and vegetables can be found on the *Live Like Your Life Depends On It* campaign website at <http://health.mo.gov/living/wellness/lifedependsonit/eatsmart.php>.
- Work with a local grocery store to sponsor a nutrition booth staffed by registered dietitians who can provide tips and answer questions on how to spend smart to eat smart. Promote the

four rules of effective food shopping that can save at the grocery store: 1) using grocery store ads when planning to shop; 2) completing a menu plan; 3) writing a grocery list; and 4) using unit pricing to select the best buys. Use the *Live Like Your Life Depends On It* Eat Smart or Eating Healthy poster or Eat Smart radio spots to promote the activity. For more information on Spend Smart Eat Smart, go to <http://www.extension.iastate.edu/foodsavings/>.

- Promote healthy eating on the Fourth of July by sharing recipes that contain red, white and blue fruits and vegetables (see recipes at end of this document). These recipes could be published in the local newspaper or in a newsletter for senior centers, worksites, etc. along with the *Live Like Your Life Depends On It* Eat Smart sample newsletter article. Additional healthy recipes can be found on the *Live Like Your Life Depends On It* campaign website at <http://health.mo.gov/living/wellness/lifedependsonit/eatsmart.php>.
- Consider including information on food safety. Fact sheets on food safety can be found at <http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets>.

For more information on the benefits of Fruits and Vegetables	For more information on Physical Activity and Nutrition
National Fruit and Vegetable Program Centers for Disease Control and Prevention http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html	Bureau of Community Health and Wellness Missouri Department of Health and Senior Services P.O. Box 570 Jefferson City, MO 65102-0570 573-522-2820 866-726-9926 Toll free http://health.mo.gov/living/wellness/nutrition/index.php http://health.mo.gov/living/wellness/nutrition/nutritionphysicalactivity/index.php

Health observance was obtained from the National Health Information Center's National Health Observances at <http://www.healthfinder.gov/nho/>.

See next page for recipes.

Recipes

Purple Party Parfait*

Makes a great breakfast, dessert, or snack!

This is one of our own Fruits & Veggies—More Matters™ recipes. It meets the Centers for Disease Control and Prevention's strict nutrition guidelines as a healthy recipe.

Category: Beverages & Smoothies

Think Variety; Think Color: ■ ■ ■

Preparation time: 10 minutes

Serves: 6

Cups of Fruits and Vegetables per Serving: ½

Each serving provides: An excellent source of vitamin C.



Ingredients:

- 1 cup frozen blueberries, without sugar
- 1 cup frozen strawberries, without sugar
- ½ cup fat-free cottage cheese
- 1½ cups green grapes
- 1 kiwi for garnish (optional)

Place the blueberries, strawberries, and cottage cheese in a food processor and blend until smooth. Place the grapes in a cup or bowl and spoon blended mixture over the grapes. Garnish with kiwi (optional).

Note: If you are using a blender, let frozen fruit thaw, and blend in small batches.

*Recipe is courtesy of Produce for Better Health Foundation and Shoney's, Inc. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Nutritional Information per Serving

Calories: 64	Carbohydrates: 14g
Total Fat: 0.3g	Cholesterol: 2mg
Saturated Fat: 0g	Dietary Fiber: 2g
% of Calories from Fat: 3%	Sodium: 77mg
Protein: 3g	

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Symphony of Fruit Pizza*

As pretty as it is delicious!

This is one of our own **Fruits & Veggies—More Matters™** recipes. It meets the Centers for Disease Control and Prevention's strict nutrition guidelines as a healthy recipe.

Category: Desserts

Think Variety; Think Color: ■■■

Preparation time: 10 minutes

Serves: 1

Cups of Fruits and Vegetables per Serving: ½

Each serving provides: An excellent source of vitamins A and C, and a good source of folate and fiber.



Ingredients:

1 English muffin

2 Tbsp. whipped fat-free strawberry cream cheese ½ cup strawberries, sliced

¼ cup red grapes, quartered

¼ cup canned mandarin oranges, drained

Toast the English muffin until golden brown. Spread cream cheese on toasted muffin. Arrange sliced strawberries, grapes, and orange slices on top of the cream cheese. Slice into quarters and “yummy – fruit pizza”!

*Recipe is courtesy of Produce for Better Health Foundation and Shoney's, Inc. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Nutritional Information per Serving

Calories: 228

Carbohydrates: 46g

Total Fat: 1.3g

Cholesterol: 5mg

Saturated Fat: 0g

Dietary Fiber: 4g

% of Calories from Fat: 5%

Sodium: 374mg

Protein: 10g

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Tropical Sunrise Parfait*

This taste from the tropics will put a splash of sunshine in your morning.

This is one of our own Fruits & Veggies—More Matters™ recipes. It meets the Centers for Disease Control and Prevention's strict nutrition guidelines as a healthy recipe.

Category: Desserts

Think Variety; Think Color: 

Preparation time: 15 minutes

Serves: 4

Cups of Fruits and Vegetables per Serving: 1

Each serving provides: An excellent source of vitamin C and fiber, and a good source of calcium and potassium.



Ingredients:

2 cups canned pineapple tidbits or chunks in 100% fruit juice, drained

1 cup (½ pint) raspberries (fresh or frozen)

1 cup low-fat vanilla yogurt

1 medium banana, sliced

⅓ cup dates, chopped

¼ cup whole almonds, toasted and chopped

Heat oven to 300°F. Put almonds on a non-stick baking pan. Place in oven for 5-6 minutes, shake pan several times during toasting. Remove from oven, cool and coarsely chop. While almonds are toasting, layer the pineapple, raspberries, yogurt, banana, and dates in parfait glasses. Sprinkle the almonds on top and serve.

*Recipe is courtesy of Produce for Better Health Foundation and Shoney's, Inc. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Nutritional Information per Serving

Calories: 238

Carbohydrates: 46g

Total Fat: 5.7g

Cholesterol: 3mg

Saturated Fat: 0.9g

Dietary Fiber: 6g

% of Calories from Fat: 20%

Sodium: 42mg

Protein: 6g

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Mushroom Brushchetta*

This popular appetizer is delicious with a mushroom topping.

This is one of our own Fruits & Veggies—More Matters™ recipes. It meets the Centers for Disease Control and Prevention's strict nutrition guidelines as a healthy recipe.

Category: Appetizers, Dips & Salsa

Think Variety; Think Color: ■

Serves: 8

Cups of Fruits and Vegetables per Serving: 1

Each serving provides: A good source of folate and potassium

Ingredients:

1 Tbsp. olive oil
1 tsp. coarsely ground pepper
2 tsp. hot curry powder
1½ lbs. button mushrooms, coarsely chopped
1 medium onion, peeled and finely chopped
4 cloves garlic, peeled
2 tsp. dried leaf oregano, crushed
2 Tbsp. Balsamic vinegar
½ cup finely chopped parsley
salt and pepper, to taste (optional)
1 loaf or 16 - ½ inch thick slices of Italian or French bread
Extra virgin olive oil (optional)



Heat oil, pepper and curry powder in deep skillet over MEDIUM-HIGH heat. Add mushrooms, onion, 2 cloves minced garlic and oregano. Mix well, cover and cook 2-3 minutes. Remove lid, lower heat and continue to cook, stirring often until mushroom mixture is somewhat dry in texture.

Remove from heat and mix in vinegar and chopped parsley. Adjust seasonings. Cool to room temperature. Toast bread until golden. While toast is still warm, rub cut garlic on one side of each slice. If desired, drizzle with olive oil. Place warm bruschetta around mushroom topping and serve immediately.

NOTE: Optional ingredients are not included in dietary analysis.

*Recipe is courtesy of Produce for Better Health Foundation and Shoney's, Inc. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Nutritional Information per Serving

Calories: 105	Carbohydrates: 16g
Total Fat: 2.6g	Cholesterol: 0mg
Saturated Fat: 0.4g	Dietary Fiber: 2g
% of Calories from Fat: 21%	Sodium: 120mg
Protein: 5g	

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Cauliflower with Paprika-Garlic Sauce

Preparation Time: 10 minutes

Number of Servings: 4

Cups of Fruits and Vegetables Per Person: 1

Ingredients:

4 cups small cauliflower florets

2 cloves garlic, minced

1 tsp. olive oil

2 Tbsp. apple juice

1 Tbsp. fresh parsley

1 Tbsp. red wine vinegar

1½ tsp. paprika

⅛ tsp. salt



In a large saucepan with steamer rack, steam cauliflower over boiling water covered for about 8 minutes or until crisp-tender. Meanwhile, using a small saucepan, prepare sauce. First cook garlic in hot oil for 30 seconds. Remove from heat; stir in apple juice, parsley, vinegar, paprika, and salt. Cook sauce until heated. Transfer cauliflower to a serving dish. Pour sauce over the hot cauliflower. Toss to coat.

Nutritional Information per Serving

Calories: 45

Carbohydrates: 7g

Total Fat: 2g

Cholesterol: 0mg

Saturated Fat: 0g

Dietary Fiber: 3g

Protein: 2g

Sodium: 105mg

Southwestern Style Cherry Slaw

Preparation Time: 10 minutes

Number of Servings: 6

Cups of Fruits and Vegetables Per Person: 1.5

Ingredients:

4 cups shredded cabbage
3 cups sweet cherries, pitted and halved
2 cups torn fresh spinach leaves
1 cup shredded jicama
1 cup shredded carrot
½ cup snipped fresh cilantro
½ cup diced red onion
2 Tbsp. olive oil
2 Tbsp. fresh lime juice
2 Tbsp. frozen lime juice concentrate, thawed
1 jalapeno pepper, seeded and minced
½ tsp. lime zest
¼ tsp. chili powder
¼ tsp. ground cumin
¼ tsp. salt



In large serving bowl, combine ingredients for slaw. In small saucepan, combine dressing ingredients; heat to boil. Pour over salad and toss gently to coat.

Nutritional Information per Serving

Calories: 140	Carbohydrates: 24g
Total Fat: 5g	Cholesterol: 0mg
Saturated Fat: 1g	Dietary Fiber: 5g
% of Calories from Fat: 32%	Sodium: 130mg
Protein: 2g	

Cranberry Salsa

Preparation Time: 10 minutes

Number of Servings: 8

Cups of Fruits and Vegetables Per Person: 0.50

Ingredients:

4 oz. 100% cranberry juice blend

1½ cups diced tomatoes

1 cup fresh cranberries*, sliced thin

¼ cup ripe medium avocado, diced

½ cup diced pineapple

½ cup thinly sliced scallions (including green tops)

2 Tbsp. lemon juice

¼ cup finely chopped jalapeno peppers

2 cloves crushed garlic (about 1 tsp.)

fresh ground pepper, as desired



Place juice into a saucepan. Boil for about 5 minutes until reduced to about 1 Tbsp of syrup. Place the reduced juice and all remaining ingredients into a medium bowl and stir until incorporated. Chill and serve immediately with favorite chips and vegetables.

*Fresh cranberries may be stored in your freezer for up to 1 year.

Nutritional Information per Serving

Calories: 35 Carbohydrates: 6g

Total Fat: 1g Cholesterol: 0mg

Saturated Fat: 0g Dietary Fiber: 2g

% of Calories from Fat: 25% Sodium: 0mg

Protein: 1g