



Five a Day Keeps the Doctor Away

It may not be new information, but it is certainly important. Leafy vegetables and fruits are essential to good health. Eating these food groups can protect health. Essential vitamins, fiber and minerals are found in fruits and vegetables so eating more throughout the day will better your chances of having protection from chronic diseases. Those who eat more generally have a healthful diet and will be less likely to develop chronic diseases, such as cardiovascular diseases, cancers or suffer a stroke.

Fruits and vegetables contain many nutrients which should come from the natural form of food. These nutrients are in supplements, but getting the nutrients from the natural form of the food has naturally occurring substances that may help protect you from chronic diseases. In some cases, some people do need to consume nutrients through fortified foods or supplements. Fortified foods contain the same nutrients only in a greater amount than what is normally found in the naturally occurring food.

Another indicator of people not consuming enough fruits and vegetables is trying to eat on the go. Here is a way that eating on the go can be nutritious and delicious. Fresh fruits and vegetables are easily packaged. Grab an apple or a banana on your way out the door or pack some broccoli in a baggie the night before and plan ahead. Fruits and vegetables are a natural source of energy which gives the body the nutrients it needs to have energy throughout the day.

A good way to make sure your consuming enough fruits and vegetables is to eat colorfully. Have an array of color on your dinner plate. The colors tend to coincide with the amount of delicious flavor. For example, cantaloupe is a dull orange, but it tastes just right. Not too sweet and not too sour. Biting into a crisp red delicious apple has the same affect. You're biting into the rich color of the apple and experiencing the flavor and texture that it provides.

Eating colorfully provides the body with a wide range of nutrients that the body needs to expend energy for the day. Some valuable nutrients are potassium, vitamins A and C, folate and fiber. A few ideas for fruits and vegetables to consume are black beans, watermelon, plums, corn, green spinach, sweet potatoes. Remember, eating five a day, keeps the doctor away.

For assistance providing nutrition education to your employees, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5475 or Sharon.Rateike@forthc.com.

