Session 3
Plan for Success!

KC Fresh Rx

Lesson highlights

Using MyPlate

When you are making a plate of food, try to fill half of it with fruits and vegetables. Another great way to fuel your body is by eating whole grain pasta, bread and tortillas. Look for the word “whole” or “whole grain” on the label. Vary the protein at each meal by choosing different types like beans, fish, poultry and lean meat. Choose low-fat or fat-free dairy, such as cheese (look for lower sodium varieties), yogurt and milk. Check out the MyPlate handouts on our website (marc.org/kcfresh) for easy ways to build your plate.

How can you use food labels to keep an eye on added sugar?

On food labels, “total sugars” includes sugars naturally found in food, which are healthier sources of sugar. “Added sugar” is the sugar that is added to food and should be limited or avoided if it is a high source. On the right of the label, you will see a percentage. If it is 5% or less, it is a low source of added sugar. If it is 20% or more, it is a high source of added sugar. You will also see how many grams of added sugar is in that food. Try keeping added sugars under 50 grams for the entire day.

Read more about food labels and added sugar at www.fda.gov/food/new-nutrition-facts-label/added-sugars-new-nutrition-facts-label.

Meal planning and grocery shopping

Meal planning can help both your health and your budget. Start by writing down the meals and/or recipes you want to make for the week. Determine the items you will need to make these meals and arrange your shopping list in order of where it is in the store to save time on shopping. Aim to minimize the number of highly processed or canned items, since those tend to be high in sugar, salt and/or fat. Try to fill your basket or cart half full of fruits and vegetables. Look up high and down low on the shelves to save money. More expensive brands of food are at eye-level.

Highlight on herbs

Adding herbs to your meals is an affordable and great way to give more flavor to food without the extra salt. Basil pairs well with fresh mozzarella cheese and tomatoes, or in your favorite pasta dish. Cilantro gives salsa, dressings, stir-fries and salads a delicious kick. Fresh parsley can be added to almost any dish, such as roasted or grilled vegetables, pasta, soups and salads for a fresh flavor.

Join us at our next in-person class to receive recipe cards and a fun gift!

August 15, 2-3 p.m. — University of Kansas Medical Center, Room 1001 Miller, 2100 Olathe Boulevard, Kansas City, Kansas

August 16, English: 1:30-2:30 p.m., Spanish 3-5 p.m. — Samuel U. Rogers Health Center, Wayne Miner Community Rooms, 1st floor, 825 Euclid Avenue, Kansas City, Missouri

August 17, 1:30-2:30 p.m. — AdventHealth Shawnee Mission, 2nd floor Conference Room, 7450 Kessler Street (Gateway Building), Shawnee, Kansas

Movement ideas

Being active can also help your body control blood pressure and blood suger. Here are some fun ideas to keep you moving!

Visit some farms and farmers markets!

- Walk around **City Market** in the River Market area of Kansas City, Missouri, from April through October, Saturdays and Sundays from 8 a.m.–3 p.m. to enjoy the farmer's market.
- Visit **Young Family Farm** off highway 71 and 39th street in Kansas City, Missouri, on Saturdays from 9 a.m.–1 p.m., May through October, to see an organic, urban farm. You will find instructors and performers in addition to local products.
- **Kansas City, Kansas, Farmers Market**, located off Minnesota Avenue, is open on Saturday's from 8 a.m. to noon.
- The **Overland Park Farmers Market** is open from 7:30 a.m. to 1 p.m. on Saturdays, and 7:30 a.m. to 1 p.m. on Wednesdays.
- If you use SNAP, check out the **Double Up Food Bucks program** at more than 20 KC area farmers markets, including City Market, Overland Park and Kansas City, Kansas, farmers markets!

What's in season now?

BELL PEPPERS

PEACHES

BLACKBERRIES & BLUEBERRIES

HERBS

Food safety tip

Do not use soap or other cleaning products on fruits and vegetables. The best way to wash produce is to rinse them well under clean running water.

Did you know?

Peaches have fuzzy skin that helps keep bugs away. They are called a "stone fruit" because of the pit that is inside. If the pit comes out easily once the peach is cut in half, then it is a "freestone" peach. If it does not come out easily, it is a "clingstone" peach. You can usually find fresh peaches in the grocery store and farmers markets only during the summer. You might even find Missouri-grown peaches!

Recipes for the month

Visit www.marc.org/kcfresh to access recipes online.

- Pasta and Vegetable Salad
- Scrambled Egg and Vegetable Muffins
- Fruit Salad
- Confetti Plum Pasta Salad — *as seen in our meeting!*

KC Fresh Rx
Fruit & Veggies for Health