



SESSION 2 MORE FRUIT & VEG!



Lesson highlights

Including vegetables or fruit in every meal



One way to increase the amount of fruit and vegetables you eat is to include them in every meal. For breakfast, try adding melons or grapefruit to your plate, or bananas and berries to your cereal or oatmeal. Bell peppers and mushrooms are delicious in eggs. For lunch, add a vegetable to your sandwich, such as cucumber, tomato, lettuce or avocado. Or have vegetables and dip, or a piece of fruit like an apple as a side to your main dish. Keep easy-to-grab produce on hand, like bananas or cherry tomatoes, to snack on throughout the day. At dinner, you can include a fruit or vegetable salad, a side of roasted or steamed vegetables, or add chopped vegetables such as peppers, onions, peas or celery to your dishes.

By including a fruit or vegetable in every meal, eating them becomes a part of your daily habits and, hopefully, you will continue to do so for long-term success. If you're not used to eating fruits and vegetables, it may take some time for your taste buds to get used to eating them. Find what works best for you and what you like and keep trying.

Measuring



Measuring cups are just one way to figure out serving sizes or amounts. You can also use your hands when figuring out how much of a certain food to put on your plate and eat. The palm of your hand is close to one serving, or 3 ounces, of protein, such as pork, chicken, beef and fish. Your fist size equals about 1 cup of cooked rice, pasta or cereal, and your cupped hand can measure ½ cup of rice, pasta or cereal.

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

July 18, 2-3 p.m. — University of Kansas Medical Center, Room 1001 Miller, 2100 Olathe Boulevard, Kansas City, Kansas

July 19, 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

July 20, 1:30-2:30 p.m. — AdventHealth Shawnee Mission, 2nd floor Conference Room, 7450 Kessler Street (Gateway Building), Shawnee, Kansas

How can you use food labels to eat less sodium?



It is important to watch the amount of sodium you eat. Eating foods that are high in sodium can raise blood pressure, which can lead to problems such as heart disease and stroke.

While the words “salt” and “sodium” don’t mean the same thing, they are often used the same way on food labels. For example, the word sodium is used on a nutrition facts label, while the word salt may be used on the front of a package and say, “no salt added” or “unsalted.” Look for the word sodium on a food label to tell how much salt is in the food you eat. It is good to stay under 2,300 mg per day, and even better to stay under 1,500 mg per day, particularly for adults with high blood pressure.

The percentage next to this number on the label shows how much that food contains compared to the maximum daily limit of 2,300 mg per day. If it reads 5% or less, that means it is a low sodium food. Choosing foods that are 5% or less can help control blood pressure. Many pre-packaged food labels will also say if it is low sodium or sodium free. Certain canned foods, like peas, beans, and corn can be rinsed with water in a colander to help remove extra salt before cooking. **Make sure you read the labels on the food you eat; you might be surprised by the amount of sodium in some foods!** The good news is that fresh fruits and vegetables are low sodium foods!

Link for more information on food labels and sodium at bit.ly/3VCcOhu.



Movement ideas



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

Cool down at one of these low-cost local pools this summer!

Kansas City, Kansas — daily admission \$2

- Parkwood: 950 Quindaro Boulevard

Kansas City, Missouri — Season pass \$25 / daily admission: \$4

- Gorman: near Northgate Park and Anita B. Gorman Park off Highway 71
- Budd Park: 5600 Budd Park Esplanade Street; 2.5 miles from Samuel U. Rodgers Health Center.
- Grove Park: 1500 Benton Boulevard
- Line Creek Community Center: 5940 N.W. Waukomis Drive
- Brush Creek: 3801 Emanuel Cleaver II Boulevard

Overland Park — Daily admission \$8; two free splash parks

- Bluejacket: 10101 Bond Street
- Stonegate: 9701 Antioch Road
- Young's: 8421 W. 77th Street
- Tomahawk Ridge Aquatic Center: 11950 Lowell Avenue

Other kinds of active fun!

- **La Placita Market in Bethany Park**, 1120 Central Avenue, Kansas City, Kansas. Saturdays, May 6–Sept. 9, local vendors and entertainment. The Market is closed on Sept. 9 for the Central Avenue Dotteversity Parade where you can also enjoy music, art and food.
- **Pick your own fruits and vegetables!** Pack a picnic and enjoy time with friends and family.
 - Cider Hill Family Orchard, 3341 N. 139th Street, Kansas City, Kansas
 - The Berry Patch in Cleveland Missouri, 40 minutes south of downtown KCMO.

What's in season now?

BROCCOLI



CHERRIES



GARLIC



LETTUCE



Did you know?



Most of the lettuce eaten in the United States is grown in California. Americans eat about 30 pounds of this leafy green each year, and it's related to the sunflower family! Lettuce is a good source of vitamin A, which helps keep eyes healthy. It also contains vitamin K for strong bones, and potassium to help with blood pressure.

There are many different types of lettuce available in grocery stores. Try some with darker or more colorful leaves, which tend to have more nutrients.

Store your fresh lettuce in the refrigerator and use within five days of buying. Before eating, rinse under cold water and dry with a clean towel. Enjoy in a salad with your other favorite fruits and vegetables.

Food safety tips



If you have a power outage, try not to open the refrigerator or freezer until it turns back on. Food will stay safe for up to four hours in the refrigerator, two days in a full freezer, and 24 hours in a half-full freezer. If the power is out longer than four hours, throw out any food in your refrigerator such as meat, fish, fresh fruits and vegetables, eggs, milk and leftovers. Check out this link to the CDC website for more information on food safety when you lose power: bit.ly/3VyN8m1.

Storage tips



Some fresh fruits and vegetables should be stored in the refrigerator. Others, like bananas, potatoes, onions and garlic, are best stored on your counter or in a cool, dry and dark place. Check out this link that has a great chart for the best ways to store your fresh fruits and vegetables. Learn more at bit.ly/42IQE5F.

Recipes for the month



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

- Turkey, Rice and Broccoli Soup
- Sugar Snap Peas with Lemon, Garlic and Basil
- Beet and Cabbage Slaw
- Tasty Taco Rice Salad
- Summer Squash Medley — *as seen in our meeting!*