



WHEN IT COMES TO  
FRUITS AND VEGGIES...  
MORE MATTERS!



## QUICK FACT

### DID YOU KNOW?

Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce your risk for heart disease, including heart attack and stroke. So, make sure to try and incorporate these foods into your daily life-style to stay healthy!

Most people know there are countless health benefits to healthy eating, but do you know about the mental health benefits of a healthy diet? Below are **SEVEN GREAT FOODS FOR MENTAL HEALTH (IDEAS YOU CAN SHARE WITH FRIENDS)!**

Below are a few examples of good-mood foods to incorporate in your daily diet:

**Fish** - Wild-caught fish such as salmon, sardines, herring, and mackerel are full of omega-3 fatty acids. Omega-3s support the synapses in the brain in connection with dopamine and serotonin. Symptoms of schizophrenia and attention deficit hyperactivity disorder (ADHD) have been shown to improve from regular doses of omega-3s.

**Greens** - Spinach, romaine, mustard greens, broccoli, and turnips are rich in folic acid. When individuals don't receive enough folate, the byproduct can be depression, fatigue, and insomnia.

**Bananas** - Foods rich in vitamin B, like bananas, help the body produce serotonin. Replace a soda or candy bar with a banana during a workday afternoon lull to lighten your mood.

**Beets** - For more vitamin B and a heavy dose of folate, you can't beat beets. Folate deficiency not only causes depression, but some studies suggest that anti-depressants may not work as effectively either when a deficiency is present.

**Yogurt** - Many yogurts contain probiotics. Probiotics are full of healthy "live" bacteria and yeasts. Studies have shown that probiotics are helpful in reducing anxiety levels, mental outlook, and stress.

**Berries** - Blueberries are natural short-term memory boosters. In one controlled study, blueberries were also linked to slower cognitive decline in older women. Whenever possible, it's best to eat them fresh!

**Sauerkraut** - If fermented cabbage isn't one of your favorite items—don't worry. Any type of fermented food or drink such as kombucha, kefir, ginger beer, or miso contain beneficial bacteria called "lactobacilli." These good bacteria have been shown to reduce symptoms of depression.

# FEATURED RECIPE:

## 7 LAYER FRUIT SALAD

Serves: 14

### INGREDIENTS

- ❑ ½ cup orange juice
- ❑ 1 tablespoon lime juice
- ❑ 1 tablespoon chopped fresh mint (optional), plus more for garnish
- ❑ 2 cups diced watermelon
- ❑ 2 cups halved blackberries
- ❑ 2 cups diced honeydew melon
- ❑ 2 cups quartered strawberries
- ❑ 2 cups diced pineapple
- ❑ 2 cups halved green grapes
- ❑ 2 cups diced cantaloupe



### DIRECTIONS

1. Combine orange juice, lime juice and mint (if using) in a small bowl.
2. Toss watermelon with 1 tablespoon of the juice mixture in a medium bowl. Arrange in a trifle bowl.
3. Repeat with blackberries, honeydew, strawberries, pineapple, grapes and cantaloupe, tossing each fruit with 1 tablespoon of the juice mixture and layering it decoratively in the bowl.
4. Garnish with mint, if desired.

### NUTRITION

**Serving Size:** 1 cup

**Per serving:** 66 calories; 0 g fat(0 g sat); 2 g fiber; 17 g carbohydrates; 1 g protein; 26 mcg folate; 0 cholesterol; 13 g sugars; 0 g added sugars; 997 IU vitamin A; 44 mg vitamin C; 19 mg calcium; 0 mg iron; 9 mg sodium; 279 mg potassium

Source: <http://www.eatingwell.com/recipe/270694/seven-layer-fruit-salad/>

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# HEALTH OBSERVANCE

## FRUITS & VEGGIES: MORE MATTERS MONTH

In order to feel good about ourselves when it comes to healthy living, it is important to eat foods that enhance and benefit both our mind and body. Under the U.S. government's food guidelines, we may not be getting enough fruits and vegetables in our overall diets, which is why more is better.

Superfoods can have a huge effect on one's overall health, such as:

- Increased energy
- Reduced risk of life-threatening diseases such as: heart disease, type 2 diabetes, and cancer
- Better digestive health
- Improved vision
- Maintaining healthy blood pressure
- Aiding in weight loss

All of these benefits are key to living a long and healthy life! It is important to include fruits and vegetables into our everyday diet and the more the better. So next time you go to eat a meal, make sure to #haveaplant!

Sources: <https://www.va.gov/QUALITYOFCARE/education/UV>, <https://www.webmd.com/food-recipes/features/fruits-veggies-more-matters#1>, <https://www.uplarn.com/health-benefits-eating-fruits-vegetables/>, <https://fruitsandveggies.org/>