

Insider Look

Hypertension (High Blood Pressure)

- Hypertension is a condition in which a persons' blood pressure is too high, and over time can lead to heart disease and stroke.
- A normal blood pressure is at, or below 120/80 mmHg.
- High cholesterol is another condition that can affect heart health by causing a build-up of plaque in our arteries. This prevents blood flow to our body, and can lead to other complications such as chest pain or a heart attack.
- You can help prevent these conditions by eating fruits and vegetables containing magnesium, calcium and potassium.
- These vitamins and minerals relax the blood vessels, and work together in the body to promote heart health.
- Try: Beet and turnip greens, peaches, tomatoes, bananas, potatoes, broccoli, beans, kiwi and radishes.

Your body needs different vitamins and minerals that only fruits and vegetables can provide.

Tips

Storing fresh fruits/veggies:

- Follow the FIFO rule – First In, First Out. Use whatever is oldest first.
- Use within a few days.
- Bananas give off a gas that can make other fruits turn ripe faster. Store bananas separately from other fruit.
- Tomatoes have more flavor when stored at room temperature.

Benefits:

- Try for FIVE! Work to get at least five servings of fruits and vegetables each day.
- A serving of fruits and vegetables is typically 1 cup raw or fresh; or 1/2 cup cooked.
- Your body needs different vitamins and minerals that only fruits and vegetables can provide.
- Different colors give you different vitamins and minerals! Eat a colorful variety every day.

POTASSIUM	VITAMIN A	FOLATE (Folic Acid)
FIBER	VITAMIN C	MAGNESIUM

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Fruits & Vegetables



Zucchini Breakfast Casserole

Yield: 5 servings
Serving size: 1/2 cup

Ingredients:

- 1 32 ounce carton Egg Beaters
- 1/2 cup zucchini, grated, squeezed and drained
- 1/2 cup 1% cottage cheese
- 1 4 ounce can chopped green chilies, drained
- 1/2 cup yellow onion, diced
- 1/2 cup red bell pepper, diced
- 1 cup cheddar cheese, shredded
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 375 °F.
2. Mix all the ingredients, except the cheddar cheese, in a bowl.
3. Pour mixture into a greased 8 inch square baking pan.
4. Top with shredded cheese.
5. Bake in oven about 25-35 minutes until eggs are firmly set and golden brown on top.

Nutrition Facts

Serving Size (176g)
Servings Per Container

Amount Per Serving

Calories 120 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 380mg 16%

Total Carbohydrate 5g 2%

Dietary Fiber 1g 4%

Sugars 3g

Protein 15g

Vitamin A 20% • Vitamin C 30%

Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
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Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ultimate Self Serve Snacks

Veggies

Ingredients:
3-4 of your favorite veggies

Fruits

Ingredients:
3-4 of your favorite fruits

Make it fun: choose foods with different colors, textures and shapes to mix and match. Celery sticks and carrot chips, mango chunks and pomegranate seeds are just a few examples!



Instructions:

1. Wash.
2. Slice, chop, shape with cookie cutter as needed.
3. Place in a plastic baggie.
4. Store in fridge.
5. EAT!

Follow the FIFO Rule - First In, First Out when storing fruits and veggies.

Instructions

Fruit and Vegetable Alphabet Challenge! Can you come up with a fruit or vegetable for every letter of the alphabet?

A _____ N _____

B _____ O _____

C _____ P _____

D _____ Q _____

E _____ R _____

F _____ S _____

G _____ T _____

H _____ U _____

I _____ V _____

J _____ W _____

K _____ X _____

L _____ Y _____

M _____ Z _____

