



Healthy Solutions

Health and wellness information to help you live your best life.

Improving your health starts here.

Need help making good nutrition a part of your busy life? Schedule a free consultation with the health center's health coach today. Call **317.963.2035**.



Challenge yourself to learn more.

Visit these websites for information and ways to eat healthy:

fruitsandveggiesmorematters.org

choosemyplate.gov

eatright.org

Coming next month:

More tips and reminders to make good nutrition part of a healthy lifestyle.

It's your turn...take the "5 a day" fruits and vegetables challenge.

Remember: Eating fruits and vegetables may help reduce the risk of heart disease, high blood pressure and some cancers.

Boost the nutritional value of meals and snacks and improve your health by taking the "5 a day" fruits and vegetables challenge. Your goal should be to eat at least five servings of fruits and vegetables every day.

Start by filling half your plate with fruits and vegetables at meal time. This helps decrease unhealthy starches and ensures you fill up on food choices loaded with vitamins, minerals and fiber. Ditch high-calorie snack foods for a piece of fruit or raw vegetables.

Try these additional suggestions to meet the "5 a day" challenge:

- Use your outdoor grill to cook vegetables and fruits. Layer mushrooms, carrots, peppers or potatoes on a skewer, and grill. Pineapple, peaches and mangoes are great choices for a cookout.
- Garnish your favorite salad with shredded carrots, strawberries, spinach, orange segments or sweet peas.
- Spice up an omelet by adding bell peppers, spinach, mushrooms or onions.
- Blend strawberries, blueberries or raspberries with frozen bananas and low-fat yogurt to make a delicious fruit smoothie.
- Add apples, bananas, blueberries or pears to a favorite muffin or baked goods recipe.

Source: choosemyplate.gov



Indiana University Health

Presented by

