



# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at National Insurance Services, Inc.

**10-Minute Recipe:**  
**Carrot Raisin Salad**  
Shred 4 medium carrots. Combine in a medium bowl with ¼ cup raisins, 2 teaspoons of sugar and the juice from 1 lemon. Mix thoroughly and chill.  
Serves 4.

## FRUIT AND VEGETABLE BASICS

Fruits and vegetables are essential to maintaining your health. With their combination of essential vitamins and vital nutrients, you should be eating fruits and vegetables every day.

### Daily Necessities

Fruits and vegetables contain essential vitamins, minerals, fiber and other naturally occurring substances that may help prevent chronic diseases.

- Most fruits and vegetables are naturally low in fat, sodium and calories. None have cholesterol. It is important to remember that some sauces or seasonings may add any of the above.
- Many contain Vitamin C, which is important for growth, healing cuts and wounds and aiding iron absorption. Vitamin-C rich foods include kiwi, strawberries, oranges, sweet potatoes, tomato juice and cauliflower.
- Diets rich in potassium help to maintain healthy blood pressure, decrease bone loss and reduce the risk of kidney stones. To increase your potassium intake, try carrot juice, lima beans or white potatoes.
- Folate (folic acid) helps the body form red blood cells. This is especially important for pregnant women (or those who wish to become pregnant), as it reduces the risk of many birth defects. Asparagus, cooked spinach and black-eyed peas are all good sources.

### How Much Do You Need?

The U.S. Department of Agriculture (USDA) suggests that children, teenagers and adults should fill half of their plate with fruits and vegetables at all meals. For more details, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).

### Consider New Choices

Why reach for the same old apples or carrots when other choices can provide the same nutritional value—if not

more?

**Pluots<sup>®</sup> and Apriums<sup>®</sup>** - Pluots are part plum and part apricot. Apriums are also plum and apricot hybrids, but more apricot in heritage. They include vitamins A and C, iron and calcium. But it's important to know that their sugar content is fairly high.

**Star Fruit** – There are two varieties: tart and sweet, although they are very similar in taste. Star fruit is an excellent source of vitamin C.

**Persimmon** – This fruit is an excellent source of vitamins A and C, and is rich in fiber.

**Tomatillos** – These are technically small fruits, but are grouped as vegetables and are in the same family as tomatoes. The flesh is slightly acidic with a hint of lemon, and is used most often in salsas and soups. A tomatillo contains vitamins A and C, and iron.

**Leeks** – These vegetables are members of the onion and garlic family. It is slightly sweet-tasting, and often served as a side dish. Leeks provide vitamins A and C, calcium and iron.

**Edible Cactus** – Cactus has a soft but crunchy texture and it tastes similar to a slightly tart green bean, asparagus or green pepper. It contains beta carotene, iron, some B vitamins, vitamin C and calcium.