



for your company
for your employees
for your future
February 17, 2014

WELLNESS WEEKLY

Working 9 to 5... Getting 5 to 9

Fruits & Vegetables, That is!

If you're like most Americans, you find it hard to consume the recommended amount of fruits and vegetables in your daily diet. In fact, our lives are so busy that it's hard enough just finding time to eat—let alone finding time to eat the recommended 5-9 servings of fruits and vegetables.

But have no fear, there's no reason to get down about your diet. Throughout this article, you'll find strategies that will help you eat great throughout the day, no matter where you are or how much time you have.

Incorporate Fruits & Vegetables Into Every Meal:

If you think about it, fruits and veggies are actually some of the fastest and simplest foods to eat and cook with. Below you'll find some ideas on how to fit fruits and vegetables into your daily eating routine.

Breakfast

Slice a banana or some strawberries on top of your usual bowl of cereal. You may also want to drink some fruit juice. As long as it's 100% juice, just six ounces counts as one serving toward your five a day.

Lunch

Pack some carrot sticks or broccoli for dipping instead of those greasy potato chips. Not only will you get one of your five a day servings out of the way, but you'll avoid extra fat and calories at the same time.

Dinner

There's nothing like a baked potato as part of a healthy dinner—as long as you don't load it up with toppings that increase calories and fat. Also, cooking up a can of corn or green beans in the microwave is about as simple as it gets.

Getting Your Five on the Go:

There is no doubt that Americans are working harder, and spending more time at work, but that's no excuse to eat poorly—in fact, quite the opposite is true.

If we're going to maintain our work pace, we have to make sure we're getting the nutrition and energy we need. The fact is, you can get your five a day no matter where you are.



Eating Away From Home

The key to getting your five a day—even when you're away from the house—is substituting. Just because your favorite restaurant has certain menu items, doesn't mean you have to stick to them. Try substituting fresh fruit for fries, or vegetables in place of potato chips.

Eating In The Car

Americans are spending more and more time in their cars—either commuting to and from work, or racing around running errands. To eat healthier when you're out and about, try keeping some dried fruit in your glove compartment, or bring something easy like cauliflower or grapes to snack on in between stops.

At Work

Most foods people consume at work come straight from the vending machine. And these foods, rather than being loaded with healthy vitamins and minerals, are packed with extra calories and loads of fat. Plan ahead and keep healthy snacks at your desk to fight those afternoon cravings.