



Workplace Wellness

7 Tips for Getting Your RDA of Fruits and Vegetables

Summer 2005

Most people groan at the thought of trying to eat the recommended daily servings of fruits and vegetables.

With our frenzied lifestyles, it's no wonder.

By following these fun and easy tips, however, you will soon find yourself closer to consuming the recommended five to 13 servings of healthy, vitamin-packed, fiber-rich, tasty fruits and vegetables every day.

Enjoy!

Tip 1: Grate an apple into pancake, waffle or muffin mix before cooking.

Tip 2: Substitute a serving of fresh or frozen raspberries, blueberries or strawberries in your ice cream or frozen yogurt dessert and do away with the hot fudge and caramel.

Tip 3: Add grated or chopped vegetables such as carrots, zucchinis, bell peppers, mushrooms or onions to your main dish as you are preparing it. This tip works well in spaghetti sauce, meatloaf, tacos, soups and stews.

Tip 4: For a quick snack, stay away from the candy

bars. Instead, grab a handful of dried fruit, a banana, a cupful of berries or grapes or sliced raw vegetables.

Tip 5: Eat a green vegetable every day (preferably dark green and leafy). Some suggestions: lettuce, chard, kale, spinach, asparagus, broccoli, cucumbers and cabbage .

Tip 6: When dining out ask for an extra serving of vegetables . . . Oh, and while you're at it, leave out the refined carbohydrates!

Tip 7: Exchange the customary late afternoon caffeine fix for a glass of cold 100% vegetable or fruit

As I see it, every day you do one of two things: build health or produce disease in yourself.

- Adelle Davis



How Much is a Serving?

Overwhelmed by the thought of consuming five to 13 servings of fruits and vegetables every day?

Don't be.

A serving isn't as much as you might think.

One serving of fresh or frozen fruit or vegetables equals 1/2 cup.

One serving of lettuce equals 1 cup.

One serving of fruit juice equals 6 ounces.

Try to consume two to five servings of fruit each day and three to seven servings of vegetables.

With just a little planning and effort, you'll be on your way to 12-a-day in no time at all!

MyPyramid.gov offers detailed information on the 2005 RDAs. Among the guidelines to health:

- ☉ Get adequate nutrition
- ☉ Manage your weight
- ☉ Get physical activity
- ☉ Watch sodium intake
- ☉ Limit alcoholic beverages

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Promoting wellness in the workplace contributes to healthier and more productive employees. This newsletter is designed to provide helpful information and tips on improving quality of life through health and wellness.

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Workplace Aromatherapy: Energize Your Afternoon and Whittle Your Waistline

Right around 3:00 pm each day, it's not uncommon for the yawns — accompanied by heavy eyelids — to hit. Especially if you're sitting behind a desk.

The natural response is to reach for a snack, a soda or a cup of coffee. But these choices can sabotage your health and your weight.

A great alternative for that afternoon pick-me-up is aromatherapy. Aromatherapy uses the natural scents and odors of essential oils to entice our brain chemicals to stop acting so sluggish and become more energized.

Make sure you buy pure essential oils when experimenting with aromatherapy, and always follow the directions and cautions on the bottle.

Aromatherapy is a sure-fire way to stay awake and keep those empty calories away from your waistline!



Ready to give aromatherapy a try?

The following scents are known for their energy and vitality-enhancing properties and should be available at natural foods stores:

- Ylang Ylang
- Peppermint
- Lemon
- Geranium

Need aromatherapy to calm down after a hectic day? Try lavender essential oil.
