

# 10 New to You!



12-day self-directed program

Open to all employees

September 23 – October 4, 2019

## Can you eat 10 new fruits and vegetables in 12 days?

We challenge you to try 10 NEW fruits and/or vegetables during the 12-day challenge. This is a great way for you, your co-workers and your family to try new fresh fruits and vegetables during the fall season! We make it easy and fun by offering you seasonal suggestions and links to recipes and local farm stands. Take advantage of the vast variety of late summer and early fall fruits and vegetables. Whenever possible, try to choose locally grown fruits and vegetables. You will be supporting your local farmer and you will be getting produce that contains more nutrients. (Once a fruit/vegetable is harvested, it begins to lose nutrients. The sooner you can eat an apple after picking it, the better it is for you!)

We hope you learn to enjoy some delicious new ways to add more fruits and vegetable to your diet.

- Complete the log/prize form attached (only MIIA/Blue Cross members are eligible for prizes)
- No registration is necessary, just return/prize form to Mary Harrington, mharrington@mma.org, or fax to Mary at 617-542-6513 by October 14, 2019

# Eat More Fruits and Vegetables!

By increasing a variety of fruits and vegetables in your diet you will be closer to reaching the daily recommendation of 9 servings a day. You will also fuel your body with important nutrients that many Americans fall short on such as:

**Fiber** – Dietary fiber is probably best known for its ability to prevent or relieve constipation. But foods containing fiber can provide other health benefits as well, such as helping to maintain a healthy weight and lowering your risk of diabetes, heart disease and some types of cancer. Fruits and vegetables with edible skin and lots of seeds contain the most fiber. For example, a cup of raspberries has 8 grams of fiber (seeds!) and a large apple has 5 grams of fiber (skin!). Women should aim for at least 25 grams of fiber/day and men should aim for at least 38 grams/day.

**Magnesium** – Magnesium is a mineral that is important for normal bone structure in the body. Almost half of the U.S. population consumes less than the required amount of magnesium. Low magnesium levels in the body have been linked to diseases such as osteoporosis, high blood pressure, clogged arteries, hereditary heart disease, diabetes, and stroke. An easy way to remember foods that are good magnesium sources is to think fiber. Foods that are high in fiber are generally high in magnesium. Dietary sources of magnesium include legumes, whole grains, vegetables (especially broccoli, squash, and green leafy vegetables), seeds, and nuts (especially almonds). Other sources include dairy products, meats, dark chocolate, and coffee.

**Potassium** – Potassium is a mineral that's crucial for life. Potassium is necessary for the heart, kidneys, and other organs to work normally. Low potassium levels are associated with a risk of high blood pressure, heart disease, stroke, arthritis, cancer, and infertility.

Potassium deficiencies are more common in people who:

- Use certain medicines, such as diuretics
- Have physically demanding jobs
- Athletes exercising in hot climates and sweating excessively
- Have health conditions that affect their digestive absorption, such as Crohn's disease C
- Have an eating disorder
- Smoke
- Abuse alcohol or drugs

The Adequate Intake for potassium is 4,700mg/day. Fruits/veggies that are high in potassium are listed below:

- Avocado -- half an avocado has 487mg
- Banana – one medium banana has 422mg
- Sweet potato – a medium sweet potato has 541mg
- Spinach – there are 279mg of potassium in 1.5 cups raw spinach
- Watermelon – two wedges contain 640mg
- Butternut Squash – one cup of cooked squash provides 582mg
- Potatoes – one small baked potato contains 738mg
- Dried Apricots – 6 dried apricots contain 488mg
- Swiss Chard – just one cup of cooked chard provides 961 mg
- Beets – one cup of boiled beets gives you 518 mg
- Pomegranate – one fruit can bestow 666 mg



# Eat More Fruits and Vegetables!

**Vitamin A** – Having enough vitamin A in your diet helps keep your immune system healthy and functioning at its best. Eating adequate amounts of vitamin A prevents the development of night blindness and may help slow the age-related decline of your eyesight. Adequate vitamin A intake from whole plant foods may reduce your risk of certain cancers, including Hodgkin's lymphoma, as well as cervical, lung and bladder cancer. However, the relationship between vitamin A and cancer is not fully understood.

Adequate amounts of vitamin A in the diet are essential for reproductive health and the healthy development of babies during pregnancy. Fruits and vegetables that contain the most vitamin A are usually orange in color, like pumpkin, butternut squash, cantaloupe, carrots, apricots and sweet potatoes. Leafy greens are also an excellent source of vitamin A.

**Vitamin C** – Most people reach the recommended daily amount of vitamin C (75-90 milligrams a day for adults), but the research points to health benefits at 500mg/day).

According to recent research, vitamin C may offer health benefits in these areas:

- **Stress** – vitamin C has been shown to be beneficial to individuals whose immune system was weakened due to stress.
- **Colds** – when it comes to the common cold vitamin C may not be a cure. But some studies show that it may help prevent more serious complications like pneumonia and lung infections.
- **Stroke** – although research has been conflicting, one study in the American Journal of Clinical Nutrition found that those with the highest concentrations of vitamin C in their blood were associated with 42% lower stroke risk than those with the lowest concentrations. The reasons for this are not completely clear. But what is clear is that people who eat plenty of fruits and vegetables have higher blood levels of vitamin C.

Other studies have suggested that vitamin C may also:

- Improve macular degeneration
- Reduce inflammation
- Reduce the risk of certain cancers and cardiovascular disease

While a cup of orange juice or a half-cup of red pepper would be enough to meet your RDA for Vitamin C, here are all the foods and beverages you'd need to consume to reach 500 milligrams (mg):

- Cantaloupe, 1 cup (8 ounces): 59mg
- Orange juice, 1 cup: 97mg
- Broccoli, cooked, 1 cup: 74mg
- Red cabbage, 1/2 cup: 40mg
- Green pepper, 1/2 cup, 60mg
- Red pepper, 1/2 cup, 95mg
- Kiwi, 1 medium: 70mg
- Tomato juice, 1 cup: 45mg.

Here is just a sampling of seasonal fall produce!

Artichokes	Parsnips
Spaghetti Squash	Delicata Squash
Huckleberries	Chard
Acorn Squash	Turnips
Figs	White Eggplant
Pomegranates	Endive
Pears	Leeks
Escarole	Quince
Rutabaga	Cranberries
Beets	Fennel
Edamame	Chicory
Asian Pears	Pumpkin
Broccoli Rabe	Radicchio
Kale	Escarole
Persimmons	Celeriac
Brussel Sprouts	Cauliflower
	Apples

## Serving Size information:

1 serving of fruit = 1 medium piece or a ½ cup of mixed fruit

1 serving of vegetable = 1 cup of leafy greens, 1 cup of raw vegetable or ½ cup of cooked vegetables

## Great resources:

You can search by zip code to find local farmer's markets on this website:

<https://www.localharvest.org/farmers-markets/list>

To find what is in season in Massachusetts, visit this site:

<https://www.thespruceeats.com/massachusetts-seasonal-fruit-and-vegetable-guide-4165315>

For some great healthy recipes, try this site:

<http://www.eatingwell.com>

# 10 New to You Log and Prize Form

Complete and return log form to Mary Harrington at mharrington@mma.org or fax to 617-542-6513 by October 14, 2019.

To earn a prize you must try 10 NEW fruits and/or vegetables.

Day	New fruit	New vegetable	Total for day
Example	Pomegranate	Turnip	2
Example		White eggplant	1
September 23			
September 24			
September 25			
September 26			
September 27			
September 28			
September 29			
September 30			
October 1			
October 2			
October 3			
October 4			
<b>Total for 2 weeks</b>			

Name: \_\_\_\_\_ MIIA/BCBS subscriber # \_\_\_\_\_

Employer \_\_\_\_\_ Email address: \_\_\_\_\_

Mailing address \_\_\_\_\_

Phone: \_\_\_\_\_

**Prize choice.** Choose 1st and 2nd choices. If you don't specify, we will choose your prize. [Click](#) to view below prizes. Can also view at emia.org. Click on Well Aware, then click on Incentives. Only MIIA/Blue Cross subscribers eligible for prizes.

- |  |   |  |  |
|--|---|--|--|
| <input type="checkbox"/> Alo workout headband (women)  | <input type="checkbox"/> Balance Active tote  | <input type="checkbox"/> Outdoor headlamp      | <input type="checkbox"/> Apple slicer                      |
| <input type="checkbox"/> Shake It mixer/bottle   | <input type="checkbox"/> Bike repair kit      | <input type="checkbox"/> Pet Lovers travel kit | <input type="checkbox"/> Stainless steel water bottle      |
| <input type="checkbox"/> Yoga mat  | <input type="checkbox"/> Body wrap            | <input type="checkbox"/> Reflective arm band   | <input type="checkbox"/> Wireless waterproof cube speakers |
| <input type="checkbox"/> Chill watch<br>( <input type="checkbox"/> white, <input type="checkbox"/> black, <input type="checkbox"/> red, <input type="checkbox"/> cyan) | <input type="checkbox"/> Car seat organizer   | <input type="checkbox"/> Rivage Weekender tote | <input type="checkbox"/> First aid kit                     |
| <input type="checkbox"/> Napsack with light seat cushion   | <input type="checkbox"/> Exercise waist belt  | <input type="checkbox"/> Salad to go container | <input type="checkbox"/> Salad and pasta pals              |
| <input type="checkbox"/> Neoprene laptop/tablet case   | <input type="checkbox"/> Freezable lunch tote | <input type="checkbox"/> Shoulder wrap         | <input type="checkbox"/> Sports towel in mesh bag          |
| <input type="checkbox"/> Vented umbrella<br>( <input type="checkbox"/> green or <input type="checkbox"/> blue/white)   | <input type="checkbox"/> Mini sling cooler    | <input type="checkbox"/> Sinus soother         | <input type="checkbox"/> Eye pillow                        |
|  | <input type="checkbox"/> Nature Sound Spa     | <input type="checkbox"/> Slope Messenger Bag   |  |