Session 2
More Fruit & Veg!

KC Fresh Rx

Lesson highlights

Including vegetables or fruit in every meal

One way to increase the amount of fruit and vegetables you eat is to include them in every meal. For breakfast, try adding melons or grapefruit to your plate, or bananas and berries to your cereal or oatmeal. Bell peppers and mushrooms are delicious in eggs. For lunch, add a vegetable to your sandwich, such as cucumber, tomato, lettuce or avocado. Or have vegetables and dip, or a piece of fruit like an apple as a side to your main dish. Keep easy-to-grab produce on hand, like bananas or cherry tomatoes, to snack on throughout the day. At dinner, you can include a fruit or vegetable salad, a side of roasted or steamed vegetables, or add chopped vegetables such as peppers, onions, peas or celery to your dishes.

By including a fruit or vegetable in every meal, eating them becomes a part of your daily habits and, hopefully, you will continue to do so for long-term success. If you're not used to eating fruits and vegetables, it may take some time for your taste buds to get used to eating them. Find what works best for you and what you like and keep trying.

Measuring

Measuring cups are just one way to figure out serving sizes or amounts. You can also use your hands when figuring out how much of a certain food to put on your plate and eat. The palm of your hand is close to one serving, or 3 ounces, of protein, such as pork, chicken, beef and fish. Your fist size equals about 1 cup of cooked rice, pasta or cereal, and your cupped hand can measure ½ cup of rice, pasta or cereal.

Join us at our next in-person class to receive recipe cards and a fun gift!

Tuesday, June 11, 1:30–2:30 p.m. — University of Kansas Medical Center, Room 1001 Miller, 2100 Olathe Boulevard, Kansas City, Kansas

Wednesday, June 12, 5:30–6:30 p.m. — Merriam Community Center, Loomis Room, 6040 Slater Street, Merriam, Kansas

Thursday, June 13, English: 2–3 p.m., Spanish 3:30–5:30 p.m. — Samuel U. Rogers Health Center, Wayne Miner Community Rooms, 1st floor, 825 Euclid Avenue, Kansas City, Missouri

How can you use food labels to eat less sodium?

It is important to watch the amount of sodium you eat. Eating foods that are high in sodium can raise blood pressure, which can lead to problems such as heart disease and stroke.

While the words "salt" and "sodium" don't mean the same thing, they are often used the same way on food labels. For example, the word sodium is used on a nutrition facts label, while the word salt may be used on the front of a package and say, "no salt added" or "unsalted." Look for the word sodium on a food label to tell how much salt is in the food you eat. It is good to stay under 2,300 mg per day, and even better to stay under 1,500 mg per day, particularly for adults with high blood pressure.

The percentage next to this number on the label shows how much that food contains compared to the maximum daily limit of 2,300 mg per day. If it reads 5% or less, that means it is a low sodium food. Choosing foods that are 5% or less can help control blood pressure. Many pre-packaged food labels will also say if it is low sodium or sodium free. Certain canned foods, like peas, beans, and corn can be rinsed with water in a colander to help remove extra salt before cooking. Make sure you read the labels on the food you eat; you might be surprised by the amount of sodium in some foods!

The good news is that fresh fruits and vegetables are low sodium foods!

Visit marc.org/kcfresh under "Helpful Tips," to read more about food labels and sodium.

Movement ideas

Being active can also help your body control blood pressure and blood sugar. Here are some fun ideas to keep you moving!

- **Pick strawberries** at 2 Birds Farm, located at 2931 S. 78th Street in Kansas City, Kansas.
- **First Fridays** — Explore Kansas City during First Fridays. Enjoy live music, exhibits and much more in the 18th and Vine Historic Jazz District. Take the free KC Streetcar to the Crossroads Arts District, where you will find galleries and artists' studios. Wander through the largest vintage and antique market in the U.S. in the West Bottoms, where First Fridays extends through Sunday every month.
- **Johnson County Museum** — The Johnson County Museum offers free days four times a year to see exhibits that feature the history of Johnson County and its surrounding regions. Free days left this year are June 8, Sept. 14 and Nov. 27.
- **Money Museum** — Take part in a fun, interactive exhibit at the Federal Reserve Bank of Kansas City's Money Museum at 1 Memorial Drive. View a historic coin collection, learn how money is made and lift a real gold bar. Admission is free and the museum is open 9:30 a.m. to 4 p.m., Monday through Friday.
- Admire the sculptures in the park outside of the **Nelson Atkins Museum** before going indoors to look at the many different types of art. Located at 4525 Oak Street in Kansas City, Missouri, the museum is open every day except Tuesday and Wednesday. Visit nelson-atkins.org to reserve your free ticket.

What's in season now?

BROCCOLI

LETTUCE

PEAS

STRAWBERRIES

Did you know?

Most of the lettuce eaten in the United States is grown in California. Americans eat about 30 pounds of this leafy green each year, and it's related to the sunflower family! Lettuce is a good source of vitamin A, which helps keep eyes healthy. It also contains vitamin K for strong bones, and potassium to help with blood pressure.

There are many different types of lettuce available in grocery stores. Try some with darker or more colorful leaves, which tend to have more nutrients.

Store your fresh lettuce in the refrigerator and use within five days of buying. Before eating, rinse under cold water and dry with a clean towel. Enjoy in a salad with your other favorite fruits and vegetables.

Food safety tips

If you have a power outage, try not to open the refrigerator or freezer until it turns back on. Food will stay safe for up to four hours in the refrigerator, two days in a full freezer, and 24 hours in a half-full freezer. If the power is out longer than four hours, throw out any food in your refrigerator such as meat, fish, fresh fruits and vegetables, eggs, milk and leftovers. Check out marc.org/kcfresh under "Helpful Tips" for more information on food safety during a power outage.

Storage tips

Some fresh fruits and vegetables should be stored in the refrigerator. Others, like bananas, potatoes, onions and garlic, are best stored on your counter or in a cool, dry and dark place. Visit the "Helpful Tips" section of our website, marc.org/kcfresh for a great chart on how to store your fresh fruits and vegetables.

Recipes for the month

Visit www.marc.org/kcfresh to access recipes online.

- Turkey, Rice and Broccoli Soup
- Sugar Snap Peas with Lemon, Garlic and Basil
- Peanut Butter and Fruit Pita Pockets
- Tasty Taco Rice Salad
- Strawberry Spinach Salad — *as seen in our meeting!*