

Welcome to the
July Statewide
Wellness Virtual
Lunch and Learn

Hosted by:
OSHR Worksite
Wellness

If you participate in the State Health Plan, you can find a nutritionist close to you by logging into your BCBSNC account or calling BCBS. Dietitian visits are covered at 100% when an in-network provider is used.

Visit www.shpnc.org to learn more.

Let's LUNCH AND LEARN!





Fruit and
Veggies :
Creative ways
to eat the
rainbow!

LifeStyle
MEDICAL CENTER

Evidence-based Lifestyle Modification
and Medical Nutrition Therapy

Katie Godin, RD, LDN

- Lifestyle Medical Centers offers Nutrition Counseling to assist with educating you on how to make positive lifestyle changes alongside continual support and encouragement.
- **Services offered:**
- Weight Management
- Women's Health
- Sports Nutrition
- Chronic Disease Counseling
- Bariatric Support
- Smoking Cessation
- Sleep Assessment and Stress Management

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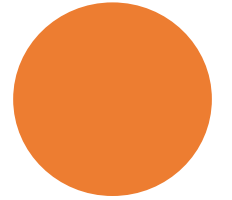


Statistics on fruit and veggie intake

- According to newest research from CDC , only 12% of Americans meet daily requirements for fruit intake and 10% of Americans meet daily requirements for vegetable intake.
- It is recommended that you get between 5-9 servings of fruits and vegetables daily. Specifically according to the 2020-2025 dietary guidelines, we should be consuming 1.5-2 cups of fruit (about 4 servings) and 2-3 cups of vegetables (4-5 servings roughly) per day.
- 1 serving of fruit = $\frac{1}{2}$ cup or 1 small piece and 1 serving of Vegetables = $\frac{1}{2}$ cup cooked or 1 cup of raw.
- So how do we make eating fruits and vegetable easier and more enjoyable?

Tip # 1: Start your day off with them!

- The best way to make sure you get enough color in your diet is to start with them first thing.
- Top oatmeal with berries
- Spread mashed fresh berries on toast / waffle
- Bake them into muffins
- Make yogurt parfaits with fresh fruit / nuts / granola
- Top onto your cereal
- Blend into a smoothie
- Use leftover veggies from dinner the night before and put into eggs





Tip # 2 : Keep them readily available for snacking.

- Utilizing snack time for fruit and veggies is key!
- We typically should eat every 3-4 hours so that means we may have up to 3 small snacks daily. That could be 3 servings of fruit and/or veggie just with snacks.
- Have chopped raw veggies to use with your favorite dip.
- Keep fresh fruit cleaned and stored at eyes view so that all you have to do is grab and go!
- Make ahead snack boxes that can include a protein, veggie, and fruit such as cheese, berries, carrots and hummus or low-fat ranch dip.

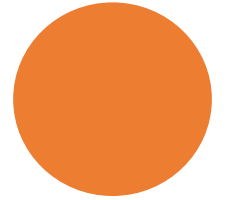
Tip # 3: Take a trip to the Farmer's Market!

- Taking a trip to the farmer's market is not only a great way to load up on fresh fruit and veggies, it's a wonderful family activity as well!
- Local grocery stores keep seasonal local produce on hand – so that's another way to support local farmers too.
- Also - container gardening is a simple way to dip your toes into gardening if you are not familiar with growing your own veggies!



Tip # 4: Use dips to jazz them up!

- Dips and healthy sauces can really help jazz up the flavor and enjoyment of fruits and vegetables.
- Try Hummus, Guacamole, Tzatziki, Baba Ghanoush, Low fat veggie dips/ Greek yogurt based dips.
- For fruit try 1 Cup Plain or Vanilla Greek yogurt + 2 Tbsp Honey + 1 Tsp vanilla.



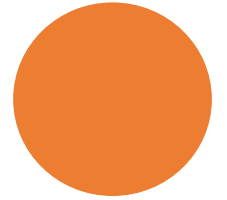


Tip # 5: Blend them up!

- Blending up fruits and veggies is a great way to sneak them in (especially with the kiddos!).
- Whether smoothies for the warmer days or soups for the colder ones, there are lots of ways to blend fruits and veggies!
- For smoothies - I always had spinach because it's nutritious and essentially tasteless! Then freezer bags full of fruit (chopped banana, berries, mango, etc..) can be quick and easy to grab and dump into a smoothie if on a time crunch. Add in your liquid + extra ice if needed and you're done!
- For soups – whether blended or just loaded with veggies, soups are a great way to pack in the nutrients. Either opt for low sodium variety's if purchasing canned or try some simple recipes at home
 - <https://www.eatingwell.com/recipe/250010/cheddar-cauliflower-soup/>
 - <https://natashaskitchen.com/easy-vegetable-soup-recipe/>

Tip #6: Add them into bread products / starchy dishes.

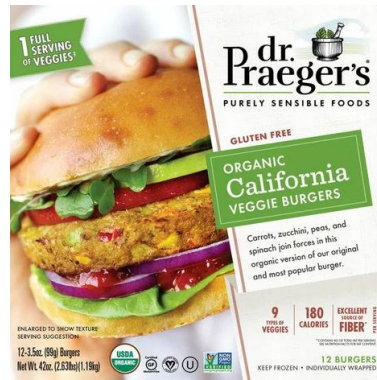
- Never miss an opportunity to add in a fruit and veggie, especially with your favorite bread or starch dishes.
- Zucchini bread or Banana bread can be made with Almond Flour to provide lower sugar / carbohydrates. And using natural sweeteners such as honey / maple syrup is a great option to avoid processed sugars.
- Blueberries can be added to pancakes or muffins or if eating waffles instead of loaded on the syrup, try spreading natural peanut butter and mashing fresh berries on those waffles instead.
- And with pasta / rice dishes , always add in as many fresh veggies as you can. Think spinach, squash / zucchini, broccoli, tomatoes.. Just to name a few!



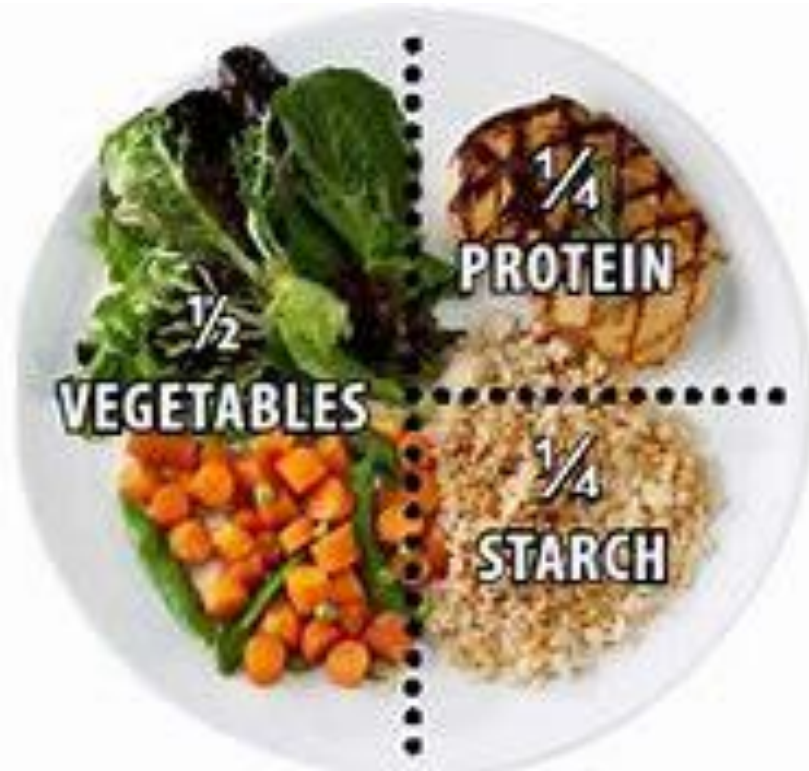


Tip # 7: Try out some new products

- There are lots of different products out there that can help add convenience to your fruit and veggie intake and are fun to try at the same time!



Tip # 8: Think $\frac{1}{2}$ plate rule



- The last tip to think of is a simple concept called "The $\frac{1}{2}$ plate rule".
- A good idea is to try to fill up $\frac{1}{2}$ your plate with veggies at all meals.

Let's Cook!



Watermelon Feta Salad



Summer Zucchini Salad