

A weekly resource  
for your well-being

**PARTNERS**  
FOR HEALTH **WORKING**  
HEALTHIER TN

## A TIP FOR TENNESSEANS

September 12, 2017

### FRUITS & VEGETABLES: HOW TO MAKE THEM WORK FOR YOU

Pizza, candy, chips and fast food can be tempting. But with countless ways to make healthy eating an easy daily habit, it's easier than ever to avoid junk food.

When you eat healthy, your body will thank you in kind. A healthy lifestyle, that includes regularly eating a variety of colorful fruits and vegetables, can help prevent up to 95% of cancer cases, 90% of diabetes and 80% of heart disease and stroke.<sup>1,2,3</sup>

They're big numbers that stand up to big illnesses. So keep serving up big, bold, brightly colored produce during meals and snacks. Then, enjoy all the head-to-toe benefits they provide.

Try these eight strategies for nutritious and delicious eating:

- 1. Eat a rainbow of foods.** Most American plates are full of beige foods like bread, cereal and chicken. Add a variety of bright fruits and vegetables—red, yellow/orange, green and purple/ blue—for a colorful dose of nutrition.
- 2. Make fruitsicles!** Puree blueberries, blackberries and/or purple grapes and freeze them in ice cube trays or popsicle molds for a healthy treat.
- 3. Add some red to breakfast.** Make a power breakfast by adding a slice or two of tomato to a bagel or English muffin with a scrambled egg and a little low-fat cheese on top.



### Need extra support reaching a goal?

Working with a health coach, you can learn ways to eat better, get fit, stress less and reach just about any goal you have. Click [here](#) to get started with your health coach today.



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4. **Add a sweet surprise.** Add mandarin orange segments to a salad or beef stir fry for some sweetness and an extra boost of fiber, vitamins and minerals.
5. **Hold the mayo.** Instead of mayo, mash up a fresh avocado then swipe some on your sandwich bread. It's full of healthy fats, fiber and other super-nutrients.
6. **Make a healthy “comfort” casserole.** Want to know how to make comfort food healthy and delicious? Try this take on an American classic, mac and cheese. It uses the one white veggie variety that's a nutritional powerhouse —*cauliflower*. Click here for the [recipe](#).
7. **When in doubt, fill half your plate with fruits and vegetables.** A good general goal is to eat at least 2 cups of fruit and 2.5 cups of vegetables each day. If you can't measure your food, it's a safe bet to make sure 50% of your meal is fresh produce.
8. **Watch and Learn.** There are a million and one things you can do to “jazz” up canned and frozen fruits and vegetables. This short [video](#) shows you how.



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You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.



**References:**

"Cancer is a Preventable Disease that Requires Major Lifestyle Changes." National Center for Biotechnology Information, Pharm Res. 2008 September; 25(9): 2097–2116. 15 July 2008. | "Simple Steps to Preventing Diabetes." Harvard School of Public Health. Web. 2 August 2017. | "Make the effort to prevent heart disease with life's simple 7." American Heart Association. 8 October 2012. Web. 2 August 2017.

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