

Community Health Newsletter

Week Three



A Healthy Start: **The Importance of Vitamin C**



Why do you need vitamin C daily? Your body does not make vitamin C; you need at least 1 serving daily. If you smoke, you need 2 servings daily.

- Citrus fruits & juices (orange, grapefruit)
- Strawberries
- Cantaloupe
- Broccoli
- Red & green peppers
- Sweet potatoes (baked)

Food of the Week: Cantaloupe is the most popular melon in the U.S.

Leave the uncut melon at room temperature for 2 – 4 days, and it will become softer and juicier. Always wash the melon before cutting it. Did you know that a squirt of lemon or lime juice will enhance the cantaloupe's flavor?

- Add a slice of cantaloupe to tossed salads
- Offer it with meals
- Add chunks to chicken salad.
- Try making 8 servings of cantaloupe fruit salad with 1 ½ cups fresh cantaloupe, 1 ¼ cups fresh peaches, 1 ¼ cups fresh strawberries and 3 Tbsp (thawed) frozen orange juice concentrate. Gently mix and chill before serving. Experiment with other fruits or canned fruit salad.

Trees in a Broccoli Forest Recipe

This recipe allows kids to be creative with their food. (See back of newsletter for recipe)

ACTIVITY TIP

Exercise does not require equipment and gyms. Create your own weights with two, plastic, empty (clean), one-quart milk or drink bottles. Add a suitable, but equal amount of pennies, marbles, rice, dried beans, or pebbles to the bottles. Secure the bottle cap.

With a firm grip on the bottle handles, how many times can you lift the bottles over your head?

How many times can you gently touch your toes with the bottles?
How many times can you touch the bottles behind your back or in front of your chest?

Try this three times a week. Keep track of your repetitions. Add more "weight" when it becomes easy.

Why do you need vitamin C?

- To help form bones, teeth, muscle, and skin
- To maintain healthy blood vessels and gums
- To help iron absorption
- To resist infection and heal wounds

Vitamin C may protect against heart disease and certain types of cancer.

Try growing cantaloupe seeds. Discard the pulp. Place the seeds in a bowl of warm water. Discard seeds that float to the top. Place the remaining clean, seeds on a screen, and allow them to dry for 3-4 days. (Or place them on wax paper and expose all sides of the seeds to the sun for a day or two.) Place the seeds in a labeled bag, and store them in a freezer until the next spring. In the spring, plant the

Trees in a Broccoli Forest

2 carrots, peeled
3 cups broccoli florets
4 cherry tomatoes
3 Tbsp parsley leaves

Dipping Sauce:

1/4 cup plain non-fat yogurt
1/4 cup low-fat sour cream
2 teaspoons honey
2 teaspoons spicy brown mustard

1.) To prepare dipping sauce, combine yogurt, sour cream, honey, and mustard in a small bowl.

2.) Hold carrots against cutting board and trim off ends. Cut each carrot in half, crosswise, then lengthwise to make four pieces. Arrange each plate by putting two carrot pieces side-by-side in the center. Arrange broccoli around the carrots forming a cluster. Arrange the tomatoes at the top of the plate.

3.) Spoon dip around the base of carrots and sprinkle with parsley.
(Makes 4 servings.)

*Nutrition info per serving: Calories 73kcal; Fat 1.5g; Sodium 88mg; Carb 13g; Fiber 3g; Protein 4g; Vit A180%; Vit C 100%; Calcium 10%; Iron 4%

Source: fruitsandveggiesmatter.gov

