

## Plan for Health: July 2022



This month's highlights include **Paint Your Plate** and **Staying Hydrated**

### Personalize Your Plate with Fruits & Vegetables

It's something we hear all the time, "Eat your fruits and vegetables!" But do you know why they are so important? Fruits and vegetables are fiber rich, low calorie sources of essential nutrients. Eating a variety of different fruits and vegetables are important to get all the nutrients you need to be healthy. Nutrients generally correspond with the color of fruits and vegetables, and now that it's summer, colorful fruits and vegetables are in abundance, so take advantage of them! See below for the nutrients found in different color fruits and vegetables:



- **Red** fruits and vegetables, such as tomatoes, strawberries, and red beans, are packed with vitamin C, vitamin A, potassium and antioxidants.
- **Orange/Yellow** fruits and vegetables, including carrots, peaches, squash, and pineapple, are also loaded with vitamin C, vitamin A and potassium. They can also boost the immune system and enhance vision.
- **White/Brown** fruits and vegetables such as mushrooms, bananas, onions, and others, are good for the heart and help to control cholesterol levels.
- **Blue/Purple** fruits and vegetables, including such favorites as cranberries, purple grapes, raisins, and eggplant, boost urinary tract health and memory function and promote healthy aging.
- **Green** means lots of heart-protective potassium and vitamin K, which aids the blood clotting process. Green fruits and veggies also help to maintain vision health and strong bones and teeth. Dark green, leafy vegetables have the highest concentration of antioxidants and fiber.

A healthy eating routine is important at every stage of life and can have positive effects that add up over time. It is important to eat a variety of fruits, vegetables, grains, foods rich in proteins, and dairy, which can include fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients.

### **Make every bite count**

Learn how much you need from each food group. Get a personalized MyPlate Plan that is right for you, based on your age, gender, height, weight, and physical activity level by visiting <https://www.myplate.gov/myplate-plan>.

- Take a look at your current eating routine. Pick one or two ways that you can switch to choices today that may provide more nutritious options.
- A healthy eating routine can help boost your health today, and in the years to come. Think about how your food choices come together over the course of your day or week to help you create a healthy eating routine.
- It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy, which can be fortified soy alternatives. Choose options for meals, beverages, and snacks that have limited added sugars, saturated fat, and sodium.

### **The Importance of Staying Hydrated**

Staying hydrated is an essential—and often overlooked—aspect of maintaining good health. As we age, it's even more important. Drinking enough water each day is crucial for many reasons, so if you're struggling to get eight 8-ounce glasses of water a day—the amount recommended by many health experts—here are 10 great reasons why you should drink more water:

1. Improved brain performance
2. Digestive harmony
3. More energy
4. Weight loss/management
5. Decreased joint pain
6. Better temperature regulation
7. Kidney stone prevention
8. Healthier heart
9. Improved detoxification
10. Fewer headaches



**Fun Fact:** Hydration isn't just about drinking more water, consuming colorful fruits and vegetables are also a great way to increase your water intake while supplying your body with essential vitamins, minerals and fiber!

### **Sharecare Featured Challenge**

Join the **Paint Your Plate Challenge** this July. Add healthier foods to at least one meal a day and be in the green for your nutrition for 21 days this month to complete the challenge.

Join the challenge by clicking **Achieve → Challenges → Paint Your Plate, beginning on 6/24.**

**Plan Ahead:** Join us next month for August's health topics:

**Move Your Way and My Weight Management Journey Coaching Program**