



## Why Fruits & Vegetables?

Looking for a brighter future? Try eating a diet rich in colorful fruits and vegetables. The benefits associated with eating more fruits and vegetables stack up quickly: Reducing your risks for certain chronic diseases is only the beginning. Whether fresh, frozen, canned, dried or 100% juice, fruits & Vegetables are packed with nutrients, naturally low in fat, delicious, and will keep you healthy all year round. Every step taken towards eating more fruits and veggies helps you and your family be your best. Because eating fruits and vegetables may reduce your family's risk of many diseases, the [Dietary Guidelines for Americans](#) recommends eating more fruits and vegetables than any other food group.

Fruits and vegetables can be great sources of the following important nutrients

- **Fiber:** Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease. Fiber rich fruits and vegetables include apples, blackberries, beans, raspberries, and spinach.
- **Magnesium:** Supports normal muscle and nerve function, a steady heart rhythm and a healthy immune system. Good sources are legumes, nuts, whole grains and green leafy vegetables.
- **Folate:** Adequate consumption of folate may reduce a woman's risk of having a child with a brain or spinal cord defect. Best sources are asparagus, broccoli, chickpeas, collard greens, endive, legumes, spinach, and strawberries.
- **Iron:** Needed for optimum oxygen carrying capacity of the blood. Dried apricots and legumes provide good sources of iron.
- **Potassium:** Diets rich in potassium may help to maintain a healthy blood pressure. White beans, lima beans, beet greens, dates, raisins, potatoes, and tomatoes supply a good sources of potassium.
- **Vitamin A:** Keeps eyes and skin healthy and helps protect against infections. Fruits and vegetables high in vitamin A include: dried apricots, cabbage, cantaloupe, carrots, hot chili peppers, collard greens, grapefruit, Romaine lettuce, mango, spinach, sweet potatoes, tomatoes, and watermelon.
- **Vitamin C:** Helps heal cuts and wounds and keeps teeth and gums healthy. Fruits and vegetables high in vitamin C include but are not limited to apricots, yellow snap beans, bell peppers, blackberries, broccoli, Brussel sprouts, cabbage, cantaloupe, carambola, cauliflower, grapefruit, guavas, oranges, pineapples, prickly pears, pummelos, rutabagas, spinach, squash, sweet potatoes, tangerines, tomatoes and watermelons.

Source: [http://www.fruitsandveggiesmorematters.org/?page\\_id=53](http://www.fruitsandveggiesmorematters.org/?page_id=53) and [www.harvestofthemonth.com](http://www.harvestofthemonth.com)

### Colorful Quesadillas

Serving Size: 4 wedges or one quesadilla  
Yield: 8 servings

#### Ingredients:

8 ounces cream cheese, fat-free  
1/4 teaspoon garlic powder  
8 small flour tortillas  
1 cups chopped sweet red pepper  
1 cup shredded low-fat cheese  
2 cup fresh spinach leaves or 9 oz. frozen, thawed and squeezed dry

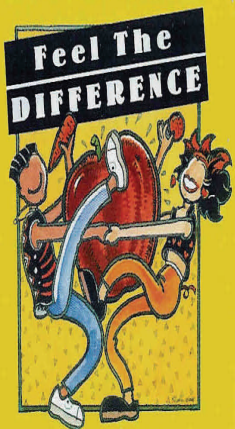
#### Instructions:

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of the cream cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons cheese on one half of each tortilla.
4. Add spinach: 1/4 cup if using fresh leaves OR 2 Tablespoons if using frozen. Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
6. Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.

#### Nutritional Information per Serving

Calories: 160, Carbohydrates: 21g, Total Fat: 3.5g, Cholesterol: 5mg, Saturated Fat: 1g, Dietary Fiber: 2g, % of Calories from Fat: 5%, Sodium: 420mg, Protein: 11g

Source: [http://recipefinder.nal.usda.gov/index.php?mode=display&rec\\_id=245](http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=245)



Eat Healthy!  
Be Active!

## 7 HEALTHY HABITS FOR EVERYBODY

Feast on Fruits  
& Vegetables

Move it! Improve it!  
Be Active

Supercharge Your Day!  
Eat Breakfast

Be Fiber Fit! Eat Beans  
& Whole Grains

Lighten Up on Sugar,  
Salt & Fat

Quench Your Thirst  
with Water

Power Up - Follow  
the Food Pyramid

A Nutrition Campaign by the County of Marin  
Dept. of Health & Human Services,  
Sponsored by the California  
Dept. of Health Services  
& funded by the U.S. Dept. Of Agriculture.  
These institutions are equal opportunity providers.

# Nutrition Wellness Program News

## FEAST ON FRUITS AND VEGETABLES

### Spinach Spectacular for Spring

- Two cups of raw spinach leaves provides an excellent source of vitamins A, C and K, folate and manganese, and a good source of many essential minerals like magnesium, potassium and iron. Spinach also provides fiber, calcium, thiamin and vitamin B6.
- Green vegetables like spinach help maintain vision, strong bones and teeth, and may also lower risk of some cancers.
- Spinach is grown mainly in California and Texas as a cool winter crop.
- Almost half of California's spinach is produced in Monterey County.
- Spinach originally came from Persia (now Iran) before making its way to China in the 7<sup>th</sup> century, and eventually Europe in the 11<sup>th</sup> century.
- Spinach was the favorite vegetable of Catherine de Medici during the Italian Renaissance. When she left Florence to marry King Henry II of France, all dishes prepared on a bed of spinach were and continue to be referred to as á la Florentine.
- When Popeye made his debut on January 17, 1929, spinach became the third most popular children's food after turkey and ice cream!

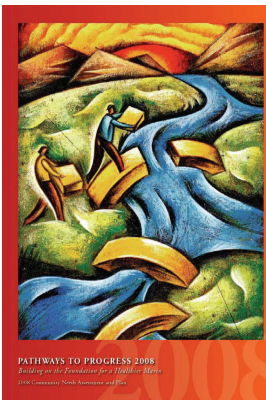
For more information, visit [www.harvestofthemonth.com](http://www.harvestofthemonth.com) or [www.co.marin.ca.us/nutritionwellness](http://www.co.marin.ca.us/nutritionwellness)



### Building a Healthy Community

On February 27<sup>th</sup>, 2008 the Healthy Marin Partnership presented the newly released Community Needs Assessment and Plan, **Pathways to Progress-2008**, *Building on the Foundation for a Healthier Marin*. The Report and Plan presented the local data and successes reported on key lifestyle indicators in four areas high-risk alcohol use, tobacco use, unhealthy food choices and physical inactivity, and celebrated the progress and successes of each respective collaborative in the last three years.

The Nutrition Wellness Program formed and has facilitated the Marin Physical Activity Nutrition Wellness Collaborative in an effort to help support and consolidate community wide efforts in increasing access to healthy foods and physical activity and to help develop partnerships that move the community in the direction of "upstream" and "built environment" efforts. If addressed upstream and earlier in life with policies, programs, and organizational practices, we may prevent or delay the occurrence of the leading causes of death in Marin from cancer, heart disease, stroke, as well as chronic diseases like diabetes, and respiratory illness.



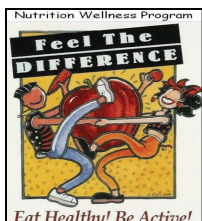
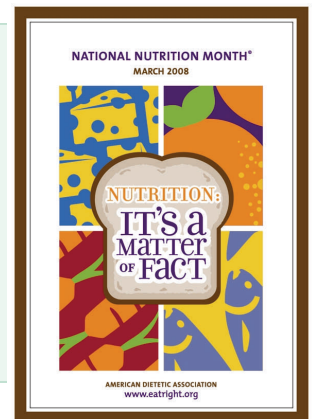
#### Marin County Physical Activity Nutrition Wellness Collaborative



Nutrition Facts	
Serving Size	<input type="checkbox"/>
Servings Per Container	<input type="checkbox"/>
Amount Per Serving	
Calories	<input type="checkbox"/> Calories From Fat <input type="checkbox"/>
<b>% Daily Value</b>	
<b>Total Fat</b>	<input type="checkbox"/> g <input type="checkbox"/> %
Saturated Fat	<input type="checkbox"/> g <input type="checkbox"/> %
<b>Cholesterol</b>	<input type="checkbox"/> mg <input type="checkbox"/> %
<b>Sodium</b>	<input type="checkbox"/> mg <input type="checkbox"/> %
<b>Total Carbohydrate</b>	<input type="checkbox"/> g <input type="checkbox"/> %
Dietary Fiber	<input type="checkbox"/> g <input type="checkbox"/> %
Sugars	<input type="checkbox"/> g <input type="checkbox"/> %
<b>Protein</b>	<input type="checkbox"/> g <input type="checkbox"/> %
Vitamin A	<input type="checkbox"/> %
Vitamin C	<input type="checkbox"/> %
Calcium	<input type="checkbox"/> %
Iron	<input type="checkbox"/> %

### In the Spotlight:

In celebration of National Nutrition Month and National Registered Nutritionist Day on March 10, the Nutrition Wellness Program taught parents at Bahia Vista Elementary School about making healthier food choices by learning how to use nutrition facts labels. This workshop occurred on March 5, 2008 at 8:30 am, Bahia Vista Elementary School, San Rafael, California. Healthy food taste testings were provided.



The Marin County Department of Health and Human Services' Nutrition Wellness Program works to promote healthy eating and physical activity behaviors in a community where the environment and policies supports those behaviors. We work collaboratively with like-minded programs and agencies, school communities and organizations by providing nutrition and physical activity training, technical assistance and educational resources and materials.



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483