



Unpack the benefits of fruits and vegetables

As kids, many of us had to be told to eat our fruits and vegetables. That's because they contain important nutrients to feed young, growing bodies.

It's still important now that we're adults. A balanced diet with plenty of fruits and veggies can help lower our risk for serious health problems, including heart disease, high blood pressure, type 2 diabetes and even some forms of cancers.

September is Fruits & Veggies – More Matters Month, so this is a great time to encourage everyone to make fresh-grown fruits and veggies a big part of their daily diet.

Health experts recommend most children and adults eat 2 to 3 cups of vegetables and 1 ½ to 2 cups of fruits each day. The U.S. Department of Agriculture's "MyPlate" recommendation is to fill half your plate with fruits and vegetables, and to mix things up with different varieties.

Here are some simple tips to help you up your intake of fruits and vegetables:

- Keep plenty of frozen vegetables and fruits in your freezer and stock up on dried and canned fruits so they are always available
- Buy pre-washed salads and pre-cut fruits and veggies to cut down on your prep time
- Snack on raw carrots, broccoli, cut bell peppers dipped in hummus or salad dressings
- Top cereal with fresh fruit, or blend frozen fruit with plain yogurt for a breakfast smoothie
- Add dried fruits to trail mix for a portable snack

Here are links to resources we've selected to help you spread the word about fruits and veggies.

We've chosen an article from our Health Education Library on [clinical nutrition](#), tips for [budget-friendly meal-planning](#), more tips on [buying fruits and veggies on a budget](#), the health benefits of a [plant-rich diet for younger women](#), information on [shopping at farmers markets](#), and [foods that support memory](#).

Plus, we've picked healthy recipes for a [Spring Board](#), ["Un-Charcuterie" Dessert Platter](#), [Peanut Butter Banana Brownies](#), [Walnut Mexican Street Corn Tacos](#), [Peanut "Charcuterie" Board](#), [Slow-Cooker Vegetable Minestrone](#), and [Foil Dinners](#).

Consider sharing these links with your employees as part of your health promotion activities this month.

More materials on nutrition

This month's suggested health promotional campaign in our 2022 Wellness CARE Communication Guide is designed to encourage all members to build and maintain healthier eating habits.

[Click here](#) to download the "Get energy that doesn't come in a can" poster to print and display in your workplace, [click here](#) for a flyer on making your calories count, or [click here](#) for tips on how to shop smart for fruits and veggies.

Want related information to print and hand out to members or attach to an email? [Click here](#) for information on clean eating, [click here](#) for a flyer on how to read food labels, or [click here](#) for information on hidden sugars in food and drinks.



Weight management resources

This month's suggested health promotional campaign in our 2022 Ongoing Condition CARE Communication Guide is designed to encourage members to reach and maintain a healthy weight through a balanced diet and exercise.

[Click here](#) to view and download the "Write your own weight loss guide" poster to print and display in your workplace, or [click here](#) for instructions on starting a food diary.

Want related information to print and hand out to members or attach to an email? [Click here](#) for a flyer on emotional eating, [click here](#) to learn about the hunger scale, [click here](#) for a flyer on physical activity and weight control, or [click here](#) for tips on how to burn 100 calories.



Help engage members with ongoing conditions

Members eligible to participate in UMR's Ongoing Condition CARE program can complete a health condition survey to begin the enrollment process.

We've provided a link to the survey below, along with language inviting members to sign up. Consider copying and pasting this message into an email to your employees to boost engagement in the program:

Looking for help to better manage your health? UMR offers expert resources and personal support to help people with certain ongoing health conditions. You may be eligible to meet with a UMR CARE nurse if you have one or more of these conditions.

[Click here](#) to answer a few questions about yourself and help us determine if this program is right for you.

