

Get With It



Sponsored by the Women's Wellness and Maternity Center and the **Get With It** Collaborative

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NATIONAL FRUIT AND VEGGIES-MORE MATTERS MONTH

STRETCH YOUR FRUIT AND VEGETABLE BUDGET:

1. Cook enough for several meals and freeze leftovers.
2. Create a meal plan for the week that uses similar fruits and vegetables, prepared in different ways.
3. Buy fruits and vegetables in season at farmers' markets or at your local grocery store.
4. Grow your own vegetables. Invest a little in seeds and get a lot of veggies in return.
5. Mix it yourself. 100% juice from frozen concentrate is often less expensive per serving than pre-bottled juice.
6. Enjoy the comforts of home more often. Eating at restaurants can increase the amount you spend on food.
7. Homemade soup is a healthy and tasty way to use vegetables. Make a big batch and freeze leftovers in small lunch-size containers.
8. Look for sales and deals on fruits & vegetables at the grocery store or through coupons.
9. Don't shop hungry. Eat a healthy snack, such as an apple, before going to the grocery store so that you stick to your budget.
10. Canned fruits and vegetables will last a long time and can be a healthy addition to a variety of meals. Choose canned vegetables that have no added salt and fruit that is canned in 100% fruit juice.
11. Frozen fruit and vegetables store well in the freezer until you're ready to add them to a meal.
12. Pick your own at local farms. Late summer and early fall is a great time to pick your own fruits and vegetables.
13. Store-brands can be a great budget choice for many forms of fruits and vegetables.
14. Shop at discount grocery stores for good deals on fruits and vegetables, especially canned items.
15. Get creative with your leftover fruits and vegetables. Make salsa from your tomatoes and smoothies from your fruits! Visit www.fruitsandveggiesmatter.gov to learn how.

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- * Special points of interest:
- * Personal Training Team Class coming Sept. 16. Orientation from 11–12:30 p.m. on Sep. 16.
- * Tai chi begins Sep. 17 from 3–4 p.m. at Studio. Each class costs \$6.00.
- * GWI Boot Camp Fitness starts Sept. 20 thru Sep. 24. More info to follow.
- * Tour de Tellico bike race and fun walk is Saturday, September 25 in Tellico Village. Registration starts at 7 a.m. in the Tellico Village Square. The fun walk starts at 10:30 a.m..
- * There will be a 5k run/walk in Sweetwater on September 25. Registration begins at 7:30 a.m. and the start time is 9 a.m. Easy way to register is www.milesformoms.edgereg.com.

EASY TOMATO SALSA

- 2 medium vine-ripened tomatoes, seeded and diced (1 1/2 cups)
- 1 serrano pepper with some seeds, minced
- 1 cup diced white onion
- 1 Tbsp. finely chopped fresh cilantro
- 1 Tbsp. lime juice
- 1/2 tsp. sea salt, or to taste



DIRECTIONS: Combine all ingredients in a medium bowl. Serve with baked white, yellow, or blue corn tortilla chips, or use as a topping for meat, poultry, or fish.

Nutrition Info: 15 calories per 1/4 cup serving, 0 cal. from fat, 0 g total fat, 0 g saturated fat, 0 mg cholesterol, 150 mg sodium, 3 g total carbohydrate, 1 g dietary fiber, 2 g sugars, 1 g protein.



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If you have a comment or would like to share recipes for one of our upcoming newsletters; call Debra Lindaman, Health Educator at 423-442-6624 or email Debra at debral@getwithitwomen.org.

FROZEN FRUIT CUPS

Serving size: 1 muffin tin cup
servings

Makes: 18 servings

INGREDIENTS:

3 bananas

24 ounces fat-free strawberry yogurt

10 ounces frozen strawberries, thawed,

with the juice

8 ounces canned crushed pineapple, with the juice



DIRECTIONS:

1. Line 18 muffin-tin cups with paper baking cups
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in remaining items
4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer.

There are two ways of spreading light...To be the candle, or the mirror that reflects it. E.Wharton

SIX SECRETS OF THE SLIM

By following these behaviors, you can, quite literally, live like a thin person!!

1. ***Watch portions. Carefully controlling portion size at each meal consequently shows in a loss of weight.***
2. ***Limit fat. This means restricting fat to less than one-third of daily calorie intake.***
3. ***Eat fruits and vegetables. Eating five or more servings of fruits or vegetables a day lowers the BMI score.***
4. ***Choose whole grains over refined. People with lower body weights consistently opted for whole-wheat breads, cereals, and other grains over refined (white) grains.***
5. ***Eat at home. The more days per week a person eats restaurant or take-out meals for dinner, the more there is an increase in weight gain.***
6. ***Exercise, exercise, exercise. Regular vigorous exercise means lower BMI score.***

*Taken from an article in "Consumer Reports" Magazine, February 2009