

# THE GRAPEVINE

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## The Value of Fruits and Vegetables

We all have childhood memories of our parents telling us to eat our vegetables before we could be excused from the table – and then trying to hide our brussels sprouts under the napkin or feed them to the dog. This is sometimes a constant battle with children and even adults. The number of Americans meeting adequate fruit consumption guidelines is just under one-third, and this number is even lower when it comes to vegetables. That’s a far cry from the Healthy People 2010 goals, which include 75% of Americans eating two servings of fruit and 50% of Americans eating three servings of vegetables daily.

### The Benefits

Fruits and vegetables are beneficial for almost anyone. They are low in calories but dense in nutrients and fiber. This makes them ideal for a filling snack or meal. In addition to vitamins and minerals, plant foods are abundant in phytochemicals, which are special nutrients that may have cancer-fighting properties. Research has shown that people who eat more fruits and vegetables have a lower risk of diseases like stroke, cardiovascular disease, type 2 diabetes, certain cancers, and coronary heart disease. Fruits and vegetables should be an integral part of a weight control diet, a training diet, and an everyday diet.

### How much is enough?

The 2005 Dietary Guidelines for Americans recommend 2 cups of fruit and 2 ½ cups of vegetables for a 2000 calorie diet. But how many people know that they actually eat a 2000 calorie diet? MyPyramid.gov is a great resource to monitor your food intake and see how many fruits and vegetables you need based on your age, gender, height, weight and physical activity level. Whole fruits are recommended above fruit juice, which lacks fiber and is much less filling. Vegetables are categorized into five subgroups. You should try to eat the recommended amount of each group throughout the week.

Whether you’re eating fresh, canned, frozen, or dried fruits and vegetables, try to get a variety into your diet. You’ll get a wider variety of nutrients and avoid

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the potential monotony associated with eating the same foods – which is one major reason people tend to stray from their eating plants.

### Getting Started

Besides health benefits, fruits and vegetables are easy to prepare – all you have to do is wash them! Many fruits and vegetables can be taken to eat on the go and are great for quick, tasty snacks.

When fruits and vegetables are in season, consuming them fresh and raw is optimal for getting the maximum amount of nutrition. For fruits and vegetables that are out of season, frozen or canned may be more nutritious. The fruits and vegetables that go into these products are picked at the height of their nutritional value and the process of freezing and canning them preserves most of the nutrients. Try to avoid canned fruits packed in syrup, as the sugar content is very high.

Fruits and vegetables can easily be served as a side dish or dessert, or incorporated into the main entrée. Try adding dried or fresh berries to your salads or cereal. Grilling fruits is a great way to enhance their sweetness without adding sugar. Vegetable medleys can be cooked into casseroles or stir fried with noodles or rice. Substitute your favorite meat pizza toppings with some veggies. There are a plethora of recipes available online and in cookbooks where you can get more great ideas.

Vegetable Group	Recommended Weekly Amount	Examples
Dark Green	3 cups	Broccoli, romaine lettuce, spinach
Orange	2 cups	Carrots, sweet potatoes, acorn squash
Legumes	3 cups	Black beans, tofu, garbanzo beans
Starchy	3 cups	Corn, green peas, potatoes
Other	6 1/2 cups	Artichoke, asparagus, eggplant, mushrooms

# ANNOUNCEMENTS

## CONGRATULATIONS!!!

Jan Rushton and Sabrina Backlund have accepted new positions here at Wellness Works!

Jan has been named our new **Assistant Manager** and comes to us with 20+ years of management experience and a love of fitness.

Sabrina has been named the newest **Wellness Works for Kids Instructor**, and will join Amanda and Heather as they teach kids in our area elementary schools about the importance of eating right and exercising!

Both Jan and Sabrina have already been members of our Wellness Works team, so please join us in welcoming them to their new positions!!

## "Thank You, Ms. Mary "

Wellness Works extends a heartfelt "Thanks" to one of our long-term, truly dedicated, staffers-- **Ms. Mary Whatley**. Ms. Mary has been employed by Wellness Works in our childcare department for 8 years. Ms. Mary has reportedly been seen by members actively engaged in a game of checkers with more than one of our children! When frustration sets in, you could count on Ms. Mary to jump in and help put together the most intricate puzzles. Ms. Mary was "The Master Mind" at the game of UNO, but her real gift was tirelessly rocking the restless babies to a peaceful sleep. Wellness Works' staff and members will miss seeing Ms. Mary in childcare. However, this is not good bye. Ms.

Mary has plans to continue her exercise workouts as an official "Lifetime Member" of Wellness Works of Self Regional Healthcare!

**We Love You Ms. Mary!**  
**UNO!!**









## Cholesterol Screenings

1<sup>st</sup> Monday of every month  
8:00 am – 11:00 am

\$20/ Wellness Works members  
\$25/ Non-members



## STRAWBERRY AND MOZZARELLA SALAD

-  2 tbsp. olive oil
-  1 tbsp. balsamic vinegar
-  ¼ tsp. salt
-  ¼ tsp freshly ground pepper
-  1 heart of romaine lettuce, torn or cut into bite-size pieces (3 cups lightly packed)
-  1 8 oz. container of strawberries, hulled and sliced
-  3 oz. part-skim mozzarella, diced (about ¾ cup)
-  ¼ cup fresh basil leaves, cut into ribbons



### Directions:

In a small bowl whisk together the oil, vinegar, salt, and pepper. Place the lettuce in a large bowl and toss with half the dressing. Place the lettuce onto 4 salad plates.

Toss the strawberries with the remaining dressing and place ¼ of the berries on top of each mound of lettuce. Top each with cheese and sprinkle with the basil.

### Nutritional Info:

Calories : 150	Fiber : 2 g
Total Fat : 12 g	Cholesterol : 15 mg
Protein : 6 g	Sodium : 320 mg
Carbs : 7 g	



Please join us in welcoming 3 new additions to our Wellness Works staff!! Alicia Robinson and Holly Howle, both Wellness Assistants, can be found wrangling children of all ages in our Childcare Area. Colleen Leggieri, our newest Member Services Specialist, is an enthusiastic addition to our front desk.