

FRUIT AND VEGGIE CATEGORIES THAT FEED THE MIND AND BODY

Find out how some of your favorite fruits and veggies pack more of a positive mind and body punch than you may have imagined.

The fall season presents a sweet (and crunchy) opportunity to take advantage of some of Mother Nature's finest body and brain food. Fruits and vegetables are nutrient-rich, providing essential vitamins not readily available in other foods. Take a look at a few power fruit and veggie categories to keep your mind and body fit and functioning at their very best.

● Folate-rich Fruits and Veggies

Oranges, strawberries, papaya, asparagus, artichokes, and broccoli are major brain boosters and particularly important for soon-to-be moms. Folate has been shown to help with the development of a baby's brain and spine during pregnancy.

● Five Fab Fiber-Filled Fruits and Veggies

To keep digestion healthy, maintain blood-sugar levels, and lower cholesterol, incorporate more **apples, pears, bananas, green beans, and spinach** into your daily diet.

● Ante Up With These Antioxidants

Antioxidants found in fruits and veggies such as **blueberries, cherries, red grapes, plums, kale, brussels sprouts, spinach, and red bell peppers** are packed with free-radical fighting compounds to help protect cells in the body. Antioxidants have also been shown to reverse the signs of aging.

● Vitamin C And The Power Three

Many people associate the orange as a major vitamin C player, but did you know that **apricots, cantaloupe, raspberries, cabbage, cauliflower, squash, and tomatoes** are other contenders of vitamin C packed produce? Sources of vitamin C are essential in three major facets:

1. Promotes healing and fights free radicals
2. Keeps your teeth and gums healthy
3. Supports collagen production for tissue growth

● Leafy Greens For Everything

Want to get the most possible nutrients to cover almost every supplemental category listed above (and sometimes even more)? Generally, dark leafy greens, such as **lettuce, spinach, swiss chard, and mustard greens**, will contain multiple vitamin-fuelled benefits.



DID YOU KNOW?

Harvard research, in tandem with several other long-term studies in the United States and Europe, yielded that individuals who ate more than five servings of fruits and vegetables per day had roughly a 20-percent lower risk of coronary heart disease and stroke compared with those who only ate three percent or less servings of fresh produce.



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Probiotics and Your Digestive Health — What they are, what they do

Sports Nutrition 101 — Feeding the athlete within

Anti-inflammatory foods — Fighting inflammation through eating



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