

“Energize and Mobilize” with 5-A-Day

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September is National 5-A-Day Month where the theme for this year is to... “Energize and Mobilize – Eat Fruits, Vegetables, and Be Active!” The whole idea of this theme is awesome, it empowers and possibly even challenges you, the community member to celebrate good health by eating the recommended amount of fruits and vegetables and enjoying physical activity every day!

The City and County of Broomfield’s Health Promotions team is striving to promote healthy eating and active living within the community. We know that through good nutrition and an increase in physical activity we can help reduce the rates of overweight and obesity in Broomfield. It may also decrease the risk of various life-threatening diseases, such as heart disease, cancer, and type 2 diabetes.

This month and beyond, we challenge you to take steps to “energize” you and your family to eat more fruits and vegetables and be more active. Here are some helpful tips:

- ☀ **Make ready-to-eat fruits and vegetables ... ready.** Keep ready-to-eat fruits and vegetables available in a bowl on the kitchen counter and at eye level in the refrigerator. Apples, pears, grapes, carrots, and celery sticks are just a few examples of some quick and easy snacks.
- ☀ **Vary your fruits and veggies.** Try something new! Ever tried a tangerine, kiwifruit, or baby bok choy? Bring home a new fruit or vegetable. Add something new to a green salad, such as mandarin orange slices or dried cranberries. Trying new things will keep you and your family interested in healthy food, and you may find some new favorites.
- ☀ **Take your healthy habits on the road.** Order healthy foods when eating out. We spend more than 46% of all food dollars on restaurant food, so consumer preferences count. Don’t be shy about making healthy requests. Look for items that are broiled or roasted instead of fried. Ask for extra tomatoes, peppers, or other veggies in sandwiches, pizzas, or baked potato toppings.
- ☀ **Family time is fun time.** Be active together! Ride bikes, take a hike, dance to your favorite music, or kick a soccer ball around at a local park.

This information was adapted from the <http://www.5aday.com/> for more information, please visit the attached site!