

WELLBEING

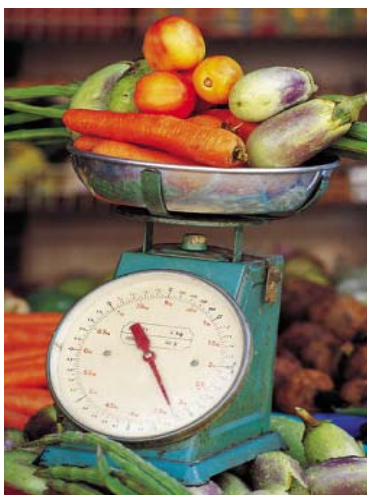
A Monthly Newsletter Covering Health and Wellness

Eating by the Numbers: An Easy Guide to a Healthier You

Fresh fruits and vegetables from the farmer's market or your own garden always taste better...and make it easier to get your RDA. Eat a handful of berries, steam some fresh green beans, toss a few onions and bell peppers on the grill...and you're there. When you break it down, the amount you should be eating each day isn't really unattainable.

Recommended Daily Servings of Fruits and Vegetables

Who	Age Group	Vegetable Servings	Fruit Servings
Children	2-3	1 cup	1 cup
	4-8	1 ½ cup	1 - 1 ½ cup
Girls	9-13	2 cups	1 ½ cups
	14-18	2 ½ cups	1 ½ cups
Boys	9-13	2 ½ cups	1 ½ cups
	14-18	3 cups	2 cups
Women	19-30	2 ½ cups	2 cups
	31-50	2 cups	1 ½ cups
	50+	2 cups	1 ½ cups
Men	19-30	3 cups	2 cups
	31-50	3 cups	2 cups
	50+	2 ½ cups	2 cups



Source: mypyramid.gov Note: These guides are for people who get *less than* 30 minutes of physical activity each day, in addition to normal daily activity. Children and adults who are more physically active may be able to consume larger amounts and stay within the calorie needs for their age group.

Make Mine Local

These days, we can get most any kind of produce year-round. However, eating locally is the best bet, for you (it can be fresher), your community (the money goes to local farmers) and for the environment (less packing, shipping, handling). During June, Midwesterners can enjoy

a wide variety of locally grown fruits and veggies. To name just a few: arugula, asparagus, beets, bell peppers, blackberries, carrots, cucumbers, eggplant, horseradish, lettuce, melons, mushrooms, okra, onions, plums, radicchio, radishes, rhubarb, scallions, spinach, strawberries, turnips and wild leeks.



HRMS Naperville Sprint Triathlon

Be There to Cheer on Team HRMS
Sunday, August 10, 2008

www.teamhrms.com