

Wellness News *for the*



HEALTHY PENGUIN NATION

September is "Fruits and Veggies— More Matters Month!"

For information and resources for living a healthier life visit [The Healthy Penguin Nation Website!](#)

Fruit & Veggie Health Facts

- * Bananas have a natural antacid effect in the body, so if you're suffering from heartburn, try eating a banana.
- * A half cup of figs has as much calcium as a half cup of milk.
- * Darker green veggies contain more vitamin C than lighter green veggies.
- * A baked potato (with the skin) is a good source of dietary fiber (4 grams).
- * Watermelon, tomatoes, asparagus, carrots and grapefruit are all high in carotenoid lycopene, which has been evidenced to reduce the risk of certain cancers.
- * Vitamin K is found in plants, especially green vegetables, that when digested goes straight to your liver and helps maintain healthy blood clotting.



WHY FRUITS AND VEGGIES?

The following are three good reasons to support the [USDA](#) recommendation for adding more fruit and vegetables to your diet.

- ◆ **First**, fruits and vegetables are a major contributor to a number of under-consumed nutrients and vitamins including folate, potassium, magnesium, dietary fiber and vitamins A, C and K.
- ◆ **Second**, eating fruits and vegetables is associated with a reduced risk of several chronic diseases. Evidence indicates that eating 2 1/2 cups of vegetables and fruits daily reduces the risk of cardiovascular disease, including heart attack and stroke. Some fruits and vegetables may also be protective against certain types of cancer.
- ◆ **Third**, when prepared without added fats and sugars, most fruits and vegetables are low in calories. Replacing higher calorie foods with fruits and vegetables help adults and children maintain a healthy weight.

HEALTHY RECIPE OF THE MONTH

The featured recipe for September is [Poached Pears](#).

Gently simmered in apple and orange juice, spiced with cinnamon and nutmeg, and served with a garnish of raspberries, these pears make a delicious and healthy desert choice.

Looking for healthy recipes to try?

Check out a list of [Recipes](#) on the Healthy Penguin Nation webpage.

Would you like to share a favorite recipe with the Healthy Penguin Nation? Send your healthy recipe to kferguson@clark.edu

MORE MATTERS!



Eating more fruits and vegetables in place of higher calorie foods helps to maintain a healthy weight. Being physically active is also important. Help yourself and your family be at their best by encouraging a balance of diet and exercise. Visit [FRUIT AND VEGGIES - MORE MATTERS](#) for information on the importance of diet and exercise, meal planning, recipes and more.



WHAT'S IN SEASON?

Wild Huckleberries

Huckleberries are a wild fruit native to the Northwest and can be interchanged with the blueberry. They are a good source of vitamin C and anti-oxidants.

[Huckleberries in the Gifford Pinchot National Forest](#)

[Huckleberry Hikes](#)

[Huckleberry Recipes](#)

NATIONAL YOGA MONTH

September is National Yoga Month! Designated in 2008 by the [Department of Health and Human Services](#), and coordinated by the Yoga Health Foundation, this national health observance has taken root as an global awareness campaign, educating and inspiring people to live a healthy lifestyle.

If you are looking to relieve stress and add more physical activity to your day, check out the Yoga classes offered through Clark College: [Economic and Community Development](#) OR [Health and Physical Education](#).

Employee Assistance Program

All staff and benefits-eligible faculty have access to a variety of health and wellness services through MHN, our Employee Assistance Program provider. For information on the types of services available to you and your household members visit [Clark College EAP](#).

To read helpful articles and blog updates for living a healthy, happy and well- balanced life, visit [MHN Member Pulse](#)



The [Healthy Penguin Nation Wellness Program](#) is a college-wide initiative to create a culture of wellness that promotes and supports healthy lifestyle practices across the college community. The program strives to engage, educate and empower the Clark College Community in healthy behaviors through developing, implementing and supporting a wide range of wellness activities based on solid research and best practices.