



ChallengeME MONTHLY MINUTE

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Monthly topic:

Five-A-Day

Healthy Strawberry Greek Pizza (Eating Well)

Ingredients:

- 3 cups whole plain Greek yogurt
- 1/4 cup honey or maple syrup
- 1 tsp. vanilla extract
- 1 ½ cups strawberries, sliced
- 1/4 cup mini chocolate chips

Preparation:

- Line a baking sheet with parchment paper
- In a medium bowl, stir together yogurt, honey or syrup, vanilla until smooth
- Spread onto prepared baking sheet in a rectangle about 10x15 inches
- Arrange strawberries & chocolate chips evenly over the top
- Freeze until firm, at least 3 hours. Break into pieces & serve. Enjoy!

34 calories; protein 2g; carbohydrates 4g; dietary fiber 0.2g; sugars 3.5g; fat 1.3g; saturated fat 0.8g; cholesterol 2.8mg; vitamin a 19.7IU; vitamin c 4.6mg; folate 2mcg; calcium 27.7mg; iron 0.1mg; magnesium 3.1mg; potassium 44.8mg; sodium 7.6mg; added sugar 2g

Fruits and Veggies: Color Matters

Each color, and more specifically each fruit and vegetable, represents a unique spectrum of phytochemicals. By eating a variety of colorful whole foods, you are providing your body with a wide array of health promoting and disease fighting nutrients.

-Benefits of RED:

Lycopene; a powerful antioxidant that may help reduce the risk of several types of cancer, especially prostate cancer. The most concentrated source of lycopene is found in tomato products.

-Benefits of GREEN:

*Full of phytochemicals such as in broccoli and cabbage in which may fight cancer. Leafy greens supply Folate- Vitamin B. Green fruits and veggies such as cucumbers and celery provide Lutein which is for healthy eye. Excellent sources of potassium, carotenoids, omega-3s and vitamin K. Diets high in potassium are linked with lower blood pressure

*Benefits of YELLOW and ORANGE:

Provide Vit. A for skin and bone. Citrus fruits provide Vit. C and are immune boosting- yellow apples, peaches, apricots, pears, butternut squash, nectarines, papaya

*Benefits of WHITE:

Alliin is a health promoting chemical found in the white group that may help to lower cholesterol and blood pressure, as well as reduce the risk of stomach cancer and heart disease. Also, lowering blood pressure and free-radical formation- bananas, potatoes, inside eggplant and apple

*Benefit of BLUE or PURPLE:

Anthocyanins act as a powerful antioxidant that protect cells from damage, promote heart health and healthy blood pressure, decrease risk of stroke and cancers. Included in this group are blueberries, eggplant, figs, plums

Fruits and Veggies: Smoothies in an Ice Tray:

If you love smoothies and have no time to prepare them, make them in advance and pour in ice trays. Place a few cubes into a travel cup and they will melt into an instant smoothie!

- 3/4 cup mixed berries such as strawberry or blueberry
- 1 large handful of kale
- 1/4 cup pineapple juice
- 1 teaspoon of agave sweetener
- 1/4 cup vanilla almond milk or Greek yogurt, 1/4 cup of ice (Optional protein powder or chia seeds)

ChallengeME

MaineDOT Healthy Workforce

Be sure to visit the ChallengeME website:

- > Sign up for Health Coaching
- > Sign up for VirginPulse
- > Listen to the ChallengeME Podcasts
- > Watch past webinars
- > Learn about your benefits

Coming Up September: Behavior Change

Comments, questions, ideas, or submissions?
Please email: kara.a.aguilar@maine.gov