



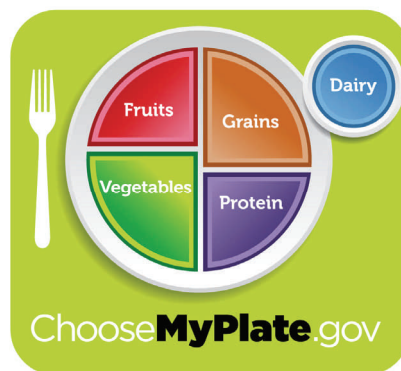
## September is Fruit and Vegetable Month!

Eating fruits and vegetables can improve health and reduce the risk of cancer and other diseases, including heart disease, hypertension, diabetes, and macular degeneration. Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health. Eating the right amount of fruits and vegetables can also help manage your weight. Truly, when it comes to fruits and veggies, more matters! That's why, during the month of September, there is a national push to fill your plate with fruits and veggies!

### Set your Fruit and Veggie Goal!

What does a serving of grapes look like? How many stalks of celery are in a cup? The truth is, even the most educated nutrition professionals don't have all of these measurements memorized so why should you? To incorporate more fruits and vegetables into your diet, make it simple. You should be eating more fruits and vegetables than any other food group. A great way to make this happen is to fill half of your plate with fruits and vegetables at each meal. Making fruits and vegetables a major part of every meal will help you meet your

recommended amount each day—and you won't have to do all the math.



If numbers are your thing, you can find out your fruit and vegetable recommendations based on calorie needs for your age, gender, and activity level using the CDC's [fruit and vegetable calculator](#) or by visiting [www.choosemyplate.gov](http://www.choosemyplate.gov).

### Easy ways to Increase Your Fruits and Veggies

- Fill half of your meal plate with fruits and vegetables.
- Have a fruit or juice at breakfast daily.
- Have a fruit or a vegetable snack each day.

- Plant a garden or shop local for seasonal fruits and veggies. You'll save money and eat better!
- Make fruits and vegetables visible in your home.
- Grab an apple, orange, banana, pear or other piece of portable fruit to eat on the go. It's the original fast food!
- Snack on raw veggies like baby carrots, pepper strips, broccoli, and celery.
- Pick up ready-made salads from the produce shelf for a quick salad any time.
- Pile spinach leaves, tomatoes, peppers and onions on your pizza.
- Add strawberries, blueberries, bananas, and other brightly color fruits — fresh, frozen, or canned to your oatmeal, waffles, pancakes, or toast.
- Stash bags of dried fruit in your car and at your desk for a convenient snack.
- Stir fresh or frozen veggies into your pasta, noodles, or omelet.
- Whip up some smoothies made from fresh or frozen berries, ice, and yogurt.
- Jazz up your soups or sauces with a can of kidney beans, peas, corn, or green beans.

## Look for Healthy Vending Machine Options

Often times when we are traveling, or just on the go, we overlook nutrition and opt for snacks that are purely convenient. Convenience, however, does not have to be unhealthy. The Iowa Community Transformation Grant, through the Iowa Department of Public Health, is bringing Iowans the tools needed to make healthy vending choices, even when on the go! Grant programs are working with interstate rest areas to assess the availability of healthy vending choices, and to implement a red, yellow, green category system, so that patrons can easily see which choices are the healthiest.

- **GREEN**— is good for you.
- **RED** - is not as good.
- **YELLOW**— is somewhere in between.



## Walk on the Wild Side....

Greetings from the Wapsi River Environmental Education Center! As summer winds down, we encourage you to keep our wild places in mind– for both your health and for our natural world. Do you enjoy the fall colors of our Midwest? The Wapsi River Center has been offering paddle programs in the parks this season and will continue through fall! Our **22nd Annual Ecology Day** in September will also include a hike, primitive hunting skills, and a chance to volunteer at our prairie seed harvest. Try your hand at trout fishing in October at our **Trout Release** being held at West Lake Park, or join us at the Wapsi River Center for a **Fall Leaf Hike** and **Night Hike** in November....owls beware.

If these activities sound inviting, you may find details by visiting: <http://www.scottcountyiowa.com/conservation/> and look under the “Events” section or to look up the latest issue of the *W.R.E.N.*—*Dave Murcia, Naturalist/Director, Wapsi River Center*

### MARK YOUR CALENDAR!

- *Scott County Health Department is closed Monday September 2, 2013, in Observance of Labor Day.*
- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00PM Thursday, September 19, 2013.*

#### OUR MISSION:

The Scott County Health Department is committed to promoting, protecting and preserving the health of the community by providing leadership and direction as advocates for the individual, the family, the community and the environment we serve.

#### OUR VISION:

As recognized and respected leaders in serving and protecting our citizens, we at the Scott County Health Department are committed to a safer, healthier community and environment. In so doing, we provide a multitude of services with Professionalism, Responsiveness, Involvement, Dedication, and Excellence.

## SCOTT COUNTY HEALTH DEPARTMENT

Scott County Administrative Center, 4th Floor

600 West 4th Street

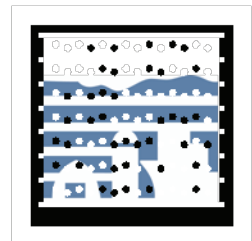
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**Public Health**  
Prevent. Promote. Protect.