

# NDPERS Dakota Wellness Program at Sanford Health Plan



**North Dakota  
Public Employees  
Retirement System**  
*Dakota Plan Health Benefits*



## Paint your plate

Add nutrients to your meals by painting your plate. Colorful fruits and vegetables contain phytochemicals and antioxidants; special nutrients that are not found in other foods. You can include fresh, frozen, canned and dried forms – they are all nutritious.

People who eat more generous amounts of fruits and vegetables as part of a healthy diet are likely to have reduced risk of chronic diseases, including stroke, type 2 diabetes, some types of cancer and perhaps heart disease and high blood pressure.

**Red** plant pigments include lycopene and anthocyanins. Lycopene may help reduce your risk of several types of cancer, especially prostate cancer. Anthocyanins are antioxidants that protect cells from damage.

**Orange/yellow** plants are colored by carotenoids. The beta-carotene in sweet potatoes, pumpkins and carrots is converted to vitamin A, which helps maintain healthy mucous membranes and eyes. Foods high in carotenoids can help reduce risk of cancer and heart disease, and can improve immune system function.

**Green** fruits and vegetables are colored by chlorophyll, but it is the lutein found in these foods that provides a bigger health benefit by reducing the risk of cataracts and age-related macular degeneration. The indoles in broccoli, cabbage and other cruciferous vegetables may help protect against some types of cancer.

**Blue/purple** plants are also colored by anthocyanins. Blueberries, grapes and raisins contain powerful antioxidants that protect cells from damage. They may help reduce risk of cancer, stroke and heart disease.

**White** foods like bananas and potatoes are colored by anthoxanthins. They may contain health-promoting chemicals such as allicin, which may help lower cholesterol and blood pressure and may help reduce risk of stomach cancer and heart disease.

**SEPTEMBER 2015**

**MEMBER NEWSLETTER**

## Inside *this issue...*

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### **MONTHLY OBSERVANCES**

Fruit and Veggies More Matters  
Food Safety and Prevention  
National Yoga Month  
Ovarian Cancer Awareness  
Prostate Cancer Awareness  
World Alzheimer's Month

### **WELLNESS ACTIVITIES**

**Monthly Book Club:** *Eating In Color*  
by Frances Largeman-Roth

**September:** Paint Your Plate week  
long challenge

**Webinar:** Healthy substitutions

**SANFORD**  
HEALTH PLAN

## Give it a try

Current recommendations are to eat at least 2-3 cups of fruits and vegetables every day. Adding fruits and vegetables into foods you already eat, or working to just eat more throughout the day, might not be as challenging as you think!

### Try to add one serving each day...

- Plan meals around a vegetable main dish, such as a vegetable stir-fry or soup.
- Add chopped veggies to pizza, casseroles, rice, sauces and meatloaves or patties for a nutritional boost.
- Use pureed, cooked vegetables, such as potatoes, to thicken stews, soups and gravies.
- Grill vegetable kabobs as part of a barbecue meal.
- Keep a bowl of cut-up vegetables in a see-through container in the refrigerator.

**CONTACT US AT**  
NDPERSWellness@  
sanfordhealthplan.com

**QUICK LINKS:**  
sanfordhealthplan.com/ndpers/  
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**SETTING UP A  
MYSANFORDHEALTHPLAN  
ONLINE ACCOUNT**  
sanfordhealthplan.com/  
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## Fresh produce safety

Your local markets carry an amazing variety of fresh fruits and vegetables from all around the world. However, harmful bacteria may be in the soil where produce grows or in the water that may come in contact with fruits and vegetables. Fresh produce may also become contaminated after it is harvested, such as during preparation or storage. Eating contaminated produce or juices can lead to foodborne illness, often called food poisoning. As you enjoy fresh produce and fresh-squeezed fruit and vegetable juices, follow these safe handling tips to help protect yourself and your family.

### BUY RIGHT

- Purchase produce that is not bruised or damaged.
- When selecting pre-cut produce, purchase only those refrigerated and surrounded by ice.

### PREPARE SAFELY

- Wash all produce thoroughly under water before eating, cutting or cooking.
- Dry fruits and vegetables with a clean cloth towel or paper towel.

### STORE PROPERLY

- Store perishable fresh fruits and vegetables within two hours of cutting, peeling or cooking in a clean refrigerator at temp of 40 degrees or below.
- Keep fruits and vegetables that will be eaten raw separate from other foods such as raw meat or poultry and from kitchen utensils used for those products.

## What counts as a cup?



1 cup raw/cooked  
fruit or vegetable



1 medium size piece  
fruit or vegetable



2 cups leafy greens  
= 2 handfuls



1 cup of 100% fruit  
juice = 1 small  
styrofoam cup



1/2 cup dried fruit