



## National Fresh Fruit & Vegetable Month

June is National Fresh Fruit & Vegetable Month!

Did you know that eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce your risk for heart disease, certain cancers, obesity, and Type 2 diabetes? Aim for 5-9 servings every day.

Fruits and vegetables contain many essential nutrients including potassium, dietary fiber, vitamin C, folate, and vitamin A. Most are low in fat, sodium, and calories. None have cholesterol.

**Potassium:** Helps to maintain healthy blood pressure, aids in bone health, and reduces kidney stones

**Dietary fiber:** May help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods help provide a feeling of fullness with fewer calories.

**Vitamin C:** Is important for growth and repair of all body tissues, helps heal cuts and wounds, and helps teeth and gums healthy; aids in iron absorption

**Vitamin A:** Keeps eyes and skin healthy and helps to protect against infections

**Folate (folic acid):** A B-Vitamin that helps form red blood cells. Women of childbearing age who may become pregnant should consume adequate folate from foods, and in addition, 400 micrograms of synthetic folic acid from fortified foods or supplements. This reduces the risk of neural tube defects, spina bifida, and anencephaly during fetal development

### YOUR GIFT WILL HELP

This newsletter encourages eating fresh fruits and vegetables to live a better life. Our nutritious hot and frozen meals contribute to a healthy lifestyle. You can help us continue delivering these meals to those who need them most. Will you support our work?

Your gift of \$6.00 pays for two meals for someone who cannot pay. However, every gift helps. It's simple. Just place your check in the envelope you received.

Thank you!

*Phil Marcin*

Development Director

**Questions?** If you have any questions on this or any nutrition-related topic, or have an idea for a future *Healthy Bite* topic, please call our registered dietitian, Lori Harvey. You can reach her by telephone at 330-376-7717 extension 140 or by email [lharvey@mobilemealsinc.org](mailto:lharvey@mobilemealsinc.org).

### GRIEVANCE POLICY

In order to provide clients with the best services possible, we ask you to contact Elaine Seyerle at Mobile Meals with complaints, suggestions, or if you are not satisfied with your services. If, after your contact, you are still not satisfied with the response or have further questions, you may forward your concerns to the appropriate monitoring agency. The contact number for the Home Care Ombudsman is 1-800-421-7277.