

# HEALTHY LIVING CHALLENGE

WELCOME TO WEEK THREE

## HALF WAY LEFT TO GO!

Keep it up! You're halfway there! See if you can increase your total points this week!

This week's focus is getting your fruits and vegetables. Top vegetables (aka superfood) include broccoli, spinach, tomatoes, and garlic. Veggies have potassium which helps maintain healthy blood pressure, and fiber that helps reduce blood cholesterol levels and may lower risk of heart disease. They also contain folate

which forms red blood cells, which is especially important for women.

Fruits are also an excellent source of vitamins and minerals, vitamin C and vitamin A. Aim for these fruits for added benefits: blueberries, citrus fruit, cranberries, strawberries (Dairy Council, 2014).

## DOUBLE WHAMMY...



**Attached are a couple of recipes where you can get points for trying an EWSNetwork recipe AND eating 5-7 servings of fruits and vegetables!**

Source:  
<http://www.healthyeating.org/>