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Get Fit Fresno County!

Choose Healthy Eating and Active Living



Nutrition Facts



May



Health experts recommend eating at least 5 servings of fruits and vegetables every day.



Onions are one of Fresno County's top crops! In May, onions and other members of the allium family, garlic, green onions and leeks, are harvested locally.



These strong-flavored vegetables are naturally low in calories and fat and are cholesterol-free.



Onions and **garlic** have cancer-fighting compounds called phytochemicals.



Onions and **garlic** add great flavor to many dishes including stews, soups, sauces, stir-frys and salads.

Staying Active



Being more physically active is as simple as **walking**.



Walking is a good place to begin a new exercise program because it is low cost, can be done any time of day or night and can include friends and family.



Start **walking** at a comfortable pace (speed). You should be able to carry on a conversation while **walking** without losing your breath.



Gradually, you can increase the intensity of your **walk** by taking longer steps and moving your arms to increase your heart rate.



Short on time? Break your **walking** time up into three 10-minute or two 15-minute sessions—you still get all the same health benefits.



Walk with a friend, family member or a group...it helps to keep you motivated!

Health experts recommend getting at least 30 minutes of physical activity every day.



Get Fit Fresno County! You will find easy to read fact sheets that offer healthy eating and active living tips at www.fcdph.org