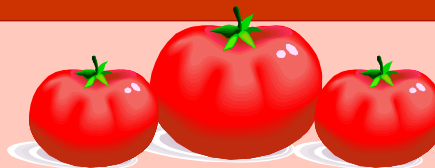


SHARE this information with your family and friends!

Get Fit Fresno County!







Choose Healthy Eating and Active Living

Nutrition Facts









July

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

-  Can you name a fruit that thinks it is a vegetable? **Tomato!** The **tomato** is a member of the fruit family but is commonly used as a vegetable.
-  Fresno County harvests tomatoes during the hot, dry summer months. Look for fresh vine-ripe **tomatoes** harvested locally in July.
-  **Tomatoes** are rich in Vitamin C, Beta-Carotene (Vitamin A) and fiber. They are fat and cholesterol free!
-  **Tomatoes** contain large amounts of an antioxidant called lycopene that is important in reducing risk for prostate cancer.
-  The cancer-fighting benefits of lycopene are available in both fresh **tomatoes** and in concentrated cooked **tomato** products.
-  Fresh **tomatoes** add wonderful color, flavor, and texture to sandwiches, salads, and omelets. Cooked **tomatoes** make a healthy sauce that can be added to pasta dishes, casseroles, stews and soups.



Staying Active

-  **Swimming** is an excellent choice of exercise on hot summer days.
-  **Swimming** is a good choice for those who want to exercise but have problems with arthritis, back pain, or those who are pregnant.
-  **Swimming** uses all the major muscle groups, and increases heart rate (aerobic exercise) which helps to keep your heart and lungs healthy.
-  **Swimming** also helps to keep joints flexible, especially the neck, shoulders, and hips, whether you swim laps or move gently around in the water.
-  Always **swim** with a buddy - never alone. And watch out for too much sun! The water feels cool but reflects the sun and increases your chances of burning.
-  Check with your local Parks and Recreation Program to find a place to **swim**. Local canals are very dangerous! **Never swim in the canals.**

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