

Foods That Fuel for Fall

September is Fruits and Veggies – More Matters Month and Whole Grains Month!

Why are these food groups so good for you?

- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke. It may protect against certain types of cancers, too.
- Dietary fiber from whole grains or fruits and veggies may reduce the risk of heart disease, obesity and type 2 diabetes.
- Fruits are sources of many essential nutrients, including: potassium, dietary fiber, vitamin C and folate (folic acid).
- Grains are important sources of many nutrients, including: dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate) and minerals (iron, magnesium, and selenium).

How to enjoy more fruits, veggies & grains at work

- Add superfoods to your sandwich. Include baby spinach, tomato and onion on whole grain bread or a tortilla.
- Pack a piece of fruit as an easy and affordable side. Apples, blackberries, cantaloupe, cherry tomatoes, cucumbers, grapes, peaches, pears, plums, raspberries and watermelon are all in-season in September!
- Stock a drawer with snacks like unsweetened dried fruit, whole-grain crackers or popcorn for a healthy afternoon pick-me-up.
- Crave crunchy? Try raw veggies. Bell pepper strips or cucumber slices with low-fat dip are good options.



**“To eat is a necessity,
but to eat intelligently
is an art.”**

Francois de la Rochefoucauld

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Healthy Eating Habits in Action

Show us how you enjoy more fruits, veggies and whole grains at work by sending your photo(s) to wfht.tn@tn.gov or to your WFHTN Regional Wellness Coordinator.