

August 10, 2005

## 5 A Day the low-fat way

Following the 5 A Day plan has many benefits.

Fruits and vegetables are naturally low in fat and calories, so replacing some of the high-fat, high-calorie foods in your diet with fruits and vegetables can help you lose weight, maintain a healthy weight and help reduce your risk of heart disease, diabetes and other illnesses associated with high-fat diets and overweight and obesity.

Getting plenty of fruits and vegetables adds more fiber to your diet which also pays good health benefits.

But, the health benefits of fruits and vegetables can be canceled out by adding sugar, butter or other high-calorie, low-nutrition extras.

Try these ideas to keep 5 A Day low fat:

- If you like butter, try a low-fat butter to flavor your vegetables or use a smaller amount of regular butter – one teaspoon of butter has five grams of fat!
- Limit the amount of fatty foods you add to salads and vegetables. Ease up on the bacon and try olive oil instead of other high-cholesterol oils.
- If you like cheese on your vegetables, try a low-fat or reduced-fat variety instead.
- Try new ways to season food. Use spices and herbs instead of butter or meat drippings.
- Try low-calorie or low-fat salad dressing to add flavor without adding and calories.
- Breading or frying greatly increases fat and calories – steam, boil or bake instead, or serve your favorite fruits and veggies raw.
- If a fruit or vegetable recipe calls for vegetable oil, try replacing half the oil with applesauce.

## Eating 5 A Day doesn't have to be expensive

Try these tips to make 5 A Day more affordable:

- Buy fresh fruits and vegetables when they are in season.
- Use frozen or canned fruits and vegetables when fresh items aren't in season.
- Buy in bulk and freeze in serving-size portions for later use.
- Make large recipes of vegetable soup and freeze leftovers.
- Use coupons and scan weekly grocery ads for sales and discounts – driving an extra few miles to another store offering a good sale or double coupons can be worth it in savings and a healthier diet.



## Selecting and Storing Fresh Fruits and Vegetables

Enjoy the tasty bounty of summer by picking up fresh fruits and vegetables from farmer's markets. When selecting these foods, it is important to keep a few things in mind to make sure you get the best health and taste bang for your buck.

First, always buy only what you expect to prepare and eat within three to four days. Store and serve fresh foods at the proper temperature. While tomatoes are more flavorful when sliced and eaten at room temperature, chilling or warming other fruits and vegetables improves their flavor. Most vegetables and fruits will stay fresher longer when stored in a cool dry place.

Here are more tips for selecting, storing and serving fresh fruits and vegetables:

- Tomatoes should be plump, free of bruises and have a pleasing smell. Store tomatoes at room temperature and keep out of direct sunlight to prevent over-ripening. To keep tomatoes more than one week, store in the refrigerator.
- Green beans should be full, tender and crisp. Avoid soft, rust-colored bean pods. Store in a cool place or refrigerate and use within three days of purchase.
- Cabbage should be firm, crisp and heavy. Look for bright green leaves that are not firmly attached to the stem. Wash cabbage before preparation only. Wrap cut cabbage heads tightly in plastic wrap and use quickly. All cabbage should be refrigerated.
- Corn should be kept cool. Choose ears that have plump kernels and are free of worms. Once you have shucked the ears, wash, cook or refrigerate and store in an airtight container until cooked.
- Blackberries should be firm, shiny and fresh (ask when they were picked). Avoid berries that are bruised, rotten, shriveled or moldy. Refrigerate berries after purchasing, wash before eating and use within one week of purchase.
- Blueberries should be bright in color and not crushed or moldy. Avoid leaking or stained containers. Keep blueberries in the same container they were purchased in and wash berries before eating. Use the berries within one to two days of purchase.
- Peaches should be fairly firm with yellow or cream-colored skins. Store ripe peaches in the refrigerator and use within a week. Store any peaches that are not fully ripe at room temperature for a few days to allow to fully ripen. Wrap cut peaches in plastic or store in an airtight container.



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**August Observances: Eye Injury Prevention Month and Immunization Awareness Month**

**Eye Injury Prevention Month**

*Compiled from information from the Centers for Disease Control and the Electronic Library of Construction Occupational Safety and Health*

August is Eye Injury Prevention Month. According to the U.S. Department of Labor, an estimated 1,000 eye injuries occur in American workplaces every



day. These injuries cost employers more than \$300 million a year in lost production, medical expenses and workers' compensation. No dollar amount can be placed on the physical and emotional costs of these accidents on an injured worker.

In a study conducted by the federal Bureau of Labor Statistics (BLS) the leading causes of eye injuries are flying or falling objects, sparks striking the eye, contact with chemicals or objects swinging from a fixed position – such as tree limbs, ropes, chains and tools.

Not wearing eye protection or wearing the wrong kind of protection for the job are the top contributors to eye injuries. Protective eyewear is essential, but the correct type of protection is just as important. Often safety goggles or glasses with side shields can provide the proper level of protection. However, in some cases a protective helmet with a full face shield is necessary to protect the eyes when performing tasks such as welding.

BLS estimates that 90 percent of eye injuries can be prevented by using proper protective eyewear.

For more information on eye injuries and eye injury prevention, visit the CDC Web site at <http://www.cdc.gov/elcosh/docs/d0100/d000152/d000152.html>.

**National Immunization Awareness Month**

*Compiled from information from the Centers for Disease Control, National Immunization Program*

Are you up-to-date?

August is National Immunization Awareness Month. Immunization was one of the most substantial public

health achievements of the 20<sup>th</sup> century. Vaccines have stamped out smallpox and wild poliovirus in the United States and significantly reduced the number of cases of measles, diphtheria, rubella, pertussis and other diseases. In spite of these efforts, tens of thousands of people in this country still die from these and other diseases that can be prevented with a simple vaccine.



Vaccines offer safe and effective protection from infectious diseases. By staying up-to-date on the recommended vaccines, individuals can protect themselves and their families, friends and communities from serious, life-threatening infections.

Recommended vaccinations begin soon after birth and continue throughout life. Being aware of the vaccines recommended for infants, children, adolescents, adults of all ages and seniors, and making sure we receive these immunizations, are critical to protecting ourselves and our communities from disease.

Because children are particularly vulnerable to infection, most vaccines are given during the first five to six years of life. Other immunizations are recommended during adolescent or adult years and, for certain vaccines, booster immunizations are recommended throughout life. Vaccines against certain diseases that may be encountered when traveling outside of the United States are recommended for travelers to specific regions of the world.

For more information on immunizations, as well as a variety of immunization campaign brochures, stickers and posters, visit the National Partnership for Immunization Web site at [www.partnersforimmunization.org](http://www.partnersforimmunization.org).

**Coffee Break with KEAP!**

The focus of the Aug. 18 Coffee Break with KEAP workshop is “Rebuilding Your Life after Separation or Divorce” with Barbara Henderson. To register for this workshop contact Rebecca Waddle today via e-mail at: [Rebecca.Waddle@ky.gov](mailto:Rebecca.Waddle@ky.gov)



Coffee Break with KEAP workshops are held from 9-10:30 a.m. at the Personnel Cabinet office at 801 Teton Trail in Frankfort. Employees must get supervisor approval before enrolling.

The next workshop, “Anger Management,” will be held Aug. 25. The featured speaker will be Trina Wilkins Jennings.