

Health Tip of the Month

Make half your holiday plate
fruits and vegetables



The USDA Dietary Guidelines for Americans recommend a daily diet rich in fruits and vegetables.

Vary your choices by trying fresh fruits and vegetables eaten by different cultural groups.

Plan a family outing.

Take a tour of neighborhood markets that sell Mexican, Asian, Caribbean and other cultural foods. Then start exploring seasonal produce from cultural groups that interest you. For example, in fall and winter Asian pears, star fruits (carambola), and pummelos are popular at Chinese markets. They are low in calories and packed with vitamin C and dietary fiber.

Discover new fruits and vegetables this season!

Check out fruitsandveggiesmorematters.org



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Worksite Wellness Initiative: brought to you by Wing Shan Li, Dietetic Intern
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Make eating more fun by visiting a Chinese market during the holidays.

Some locations include:

Queens: Main Street in Flushing

Manhattan: Chinatown in Lower Manhattan

Brooklyn: 8th Ave. between 55th and 61st St,
and 86th Street Bay Parkway

Different ways to enjoy new fruits:

Asian pears:

- Slice pears and eat them with your favorite meals.
- Make pear sauce to eat or use in cooking.
- Bake into cakes and pies.



Star fruits (carambola):

- Eat whole or cut into small pieces to add to your salad.
- Make a delicious smoothie.



Pummelos:

- Peel and slice into your green or seafood salad.
- Squeeze into a refreshing juice.

