



# In Good Health

## A Health and Wellness Newsletter



**September  
2009**

**Volume 4, Issue 9**

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~How to get more fruits and veggies into your diet

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~Wild Rice and Mushroom Soup Recipe

**Health Observances of the Month:**

~Fruit and Veggies- More Matters Month

~Gynecological Cancer Awareness Month

~Baby safety Awareness Month

~Family Health and Fitness USA Day (Sept.26)

Health Observances are a great way to raise awareness and educate others on health and wellness!

What can you do to help spread the message?

### How to Get More Fruits and Veggies into your Diet

Getting the recommended amount of fruits and vegetables into your daily diet can be a daunting task, but don't feel bad if you don't achieve the daily requirements, because you are not alone.

According to a study conducted by the Center of Disease Control (CDC), only 27% of adults eat three or more servings of vegetables a day, and 33% eat two or more servings of fruit a day. A surprisingly low number considering the wonderful health benefits that eating fruits and vegetables have. Fruits and vegetables are chocked full of essential vitamins and minerals that can help ward off chronic diseases like heart disease and diabetes.

So in order to help you live a healthy, fruit and veggie filled life, we have compiled a number of tips that will educate you on how to choose produce, save you time and best of all save you money.

#### What's in Season?

- Apples - Choose firm apples without soft spots.
- Avocados - Ripe fruit will be slightly firm.
- Bell Peppers - Choose peppers that have firm skin and no wrinkles.
- Cantaloupe - Ripe melons have a light, sweet smell and are slightly golden
- Carrots - Find carrots that are deep in color, avoid cracked or wilted carrots.



#### Time Savers . . .

- Select fruits and vegetables that require little peeling or chopping.
- Make extra! Freeze the left-over's for a side dish later on, simply heat to 165 degrees and serve.
- Prepare some fruits and veggies and store in plastic baggies or a storage container for a fast portable snack or addition to a lunchbox.
- Buy pre-packaged and pre-washed salad mix to have an array of greens.
- Make a one pot vegetable dish with beans. Not only does it save you time, it will provide a tasty, inexpensive source of protein!

#### Show Me the Money!!!

- Choose produce when it is in season; Shop at the local farmer's market
- Buy whole fruits and vegetables. Pre-cut items tend to be pricey.
- Check the ads before you go shopping to see what produce is on sale
- Consider frozen or canned fruits and veggies if you can't afford fresh
- Don't let your produce go to waste! Place it in full view as an enticement to eat or serve it during its limited shelf life.



For more information visit  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

## Get it checked: **Women's Health**

### Olmsted County Public Health Services

2100 Campus Dr. SE  
Rochester, MN 55904  
PHONE:  
(507) 328-7500  
FAX: (507) 328-7501

Wondering how you can use this newsletter? Feel free to post in the staff break room, incorporate into your school, church or agency newsletter, make it part of your wellness program or send it out via email to your friends and family. Use the newsletter in its entirety or cut and paste articles of interest into your current communications.

Let us hear from you! Drop us a line on how you use *In Good Health*.  
Email:  
mix.laura@co.olmsted.mn.us

We're on the Web!

See us at:

[www.co.olmsted.mn.us](http://www.co.olmsted.mn.us)

\*County Departments

\*Public Health Services



September has been named Gynecological Cancer Awareness month to remind women the importance of keeping up with their reproductive health. With 77,000 women each year being diagnosed with cancer of their reproductive organs, is something we should not take lightly, though many of us have little education when it comes to reproductive health.

*According to the website of the Gynecologic Cancer Foundation*

Women should seek medical attention if they have any of these symptoms and they last longer than 2 weeks:

- A change in bowel or bladder habits
- A genital sore that does not heal
- Unusual vaginal discharge
- A thickening or lump that either causes pain or can be seen or felt
- Persistent indigestion
- Pain in the pelvic area
- Persistent or progressive fullness, bloating or pressure in the abdomen or pelvis

For More information visit  
[www.wcn.org](http://www.wcn.org)

Menopausal women should also be aware that any bleeding is **not normal** and should seek medical attention right away. Premenopausal women should seek medical attention if their menstruation is heavier than normal or if there is bleeding between periods.

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and older
<b>Pap test</b>	Every 1-3 years if you have been sexually active or are older than 21.	Every 1-3 years	Every 1-3 years	Discuss with your doctor
<b>Pelvic Exam</b>	Yearly	Yearly	Yearly	Yearly
<b>Chlamydia test</b>	Yearly until age 25 if sexually active. Age 26 and older, get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.	Get this test if you have new or multiple partners	Get this test if you have new or multiple partners

## A Recipe for Health . . .

### Wild Rice and Mushroom Soup

Serves 4

#### Ingredients:

1 tablespoon olive oil  
Half an onion, chopped  
1/4 cup chopped celery  
1/4 cup chopped carrots  
1 - 1/2 cups sliced fresh mushrooms  
1/2 cup white wine  
2 - 1/2 cups low-sodium, fat-free chicken broth  
1 cup fat-free half-and-half  
2 tablespoons flour  
1/4 teaspoon dried thyme  
Black pepper  
1 cup cooked wild rice

#### Directions:

Put olive oil in a big pot and bring to medium heat. Add chopped onion, celery and carrots. Cook until tender. Add mushrooms, wine and chicken broth. Cover and heat. In a bowl, blend half-and-half, flour, thyme and pepper. Then stir in cooked wild rice. Pour rice mixture into pot with vegetables. Cook over medium heat. Stir continually until thickened and bubbly. Enjoy this Minnesota treat!