

A monthly wellness newsletter from Better You

Make Your Plate a Rainbow of Color

Adding vegetables and fruits to your diet is one of the best things you can do to improve your health. It helps control your weight and reduces your risk of chronic illnesses. In fact, the USDA's MyPlate guidelines recommend half your plate be filled with vegetables and fruit.

Fruits and vegetables give your body many of the nutrients needed to function properly. These nutrients help you sleep better and have more energy. They also help build strong bones, repair muscle tissue, and boost your immune system to fight off disease.

Fruits and vegetables deliver:

- Vitamins and minerals, including vitamin A, vitamin C, folate (folic acid), potassium, magnesium, and fiber.
- Antioxidants to protect the body from damage caused by harmful free radicals.
- Phytonutrients, which are plant compounds that may help protect us from disease. Some examples are lycopene in tomatoes, and beta-carotene in carrots.
- Bulk to your meals. Because fruits and vegetables are high



in fiber and water, they help you feel full.

- Variety, color, and texture. What more can you ask for?

Tips to increase your intake:

- Add fruit to your breakfast and have it for a snack.
- Bring a bag of frozen steamed vegetables as part of lunch.
- Take a mid-afternoon snack of cut up veggies like carrots, celery or peppers, and dip them in hummus or guacamole.
- Drink tomato juice when you have a salty craving.
- Throw a handful of spinach or some avocado into a fruit smoothie.
- Try zucchini noodles or spaghetti squash in place of pasta.
- Roast a vegetable you didn't like when you were a kid, like Brussels sprouts or beets, with a touch of pure maple syrup.
- Make sweet potato or kale chips in the oven with a drizzle of olive oil and some spices.
- Chop mushrooms, onion and garlic and use as a filler for meatloaf or burgers.
- Have a potato stuffed with chili or cheese and broccoli for dinner, and eat the skin.
- Add chopped dates to your oatmeal for a natural way to add sweetness.

Resources: [MyPlate.gov](https://www.myplate.gov); www.webmd.com

Psoriasis Awareness Month

Psoriasis is thought to be an immune system problem that causes the body to make skin cells too fast. As a result, the skin cells pile up and start to form thick patches or spots on the skin. Dry, thick, and raised patches on the skin are often covered with a silvery-white coating called scale, which is itchy.

You cannot get psoriasis from touching someone who has psoriasis. Psoriasis runs in families so if your grandparents or immediate family has it, you have a higher chance of getting it.

Although there is no cure for psoriasis at this time, some medicines can help lessen psoriasis symptoms.



Some tips to slow psoriasis flare ups:

- Try to avoid getting any bug bites as well as cuts on your skin.
- Don't get sunburned.
- Use a cold washcloth to stop the itch.
- Stay hydrated and drink water throughout the day.

- Take your medications and use topical treatments as prescribed by your doctor.

Lifestyle changes may ease symptoms of psoriasis and reduce flare ups. Losing excess weight, eating healthy food, drinking less alcohol and managing stress can help you live better with psoriasis.

Resource: aad.org; healthline.com; cdc.gov

Citrus Salsa (Serves 4)

Ingredients:

- 3 navel oranges
- 2 limes
- 1 tsp chopped fresh cilantro
- 1 tsp seeded and minced serrano chile
- 2 tsp seasoned rice vinegar
- 2 tsp extra virgin olive oil
- 1/8 tsp salt
- Freshly ground pepper, to taste

Directions

With a sharp knife, remove the peel and white pith from oranges and limes and discard. Cut the orange and lime segments from the surrounding membranes and coarsely chop.

Gently toss the oranges, limes, cilantro, chile, vinegar, oil, salt and pepper in a large bowl until combined.



Recipe courtesy of Eatingwell.com; for nutritional information click [here](#).

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