

# HEALTHY LIVING LEADS TO HAPPY LEARNING



## WAYS TO LIVE HEALTHY IN OCTOBER



### FRUIT » APPLES

**HEALTH BENEFITS:** Apples have a good amount of Vitamin C, fiber, and many types of polyphenols, which help slow carbohydrate digestion and improve blood-sugar regulation. A medium apple counts as 1 cup of fruit, which means you are well on your way to the daily recommended fruit intake.

**SELECTION / STORAGE:** Look for firm apples rich in color without bruises or cuts. Refrigerate apples to prevent over ripening.

**EATING / PREPARATION:** Apples are a crunchy delicious snack or side to any meal. Try some grilled apple sausage skewers, caramel apples or homemade applesauce. For tasty baked apples, wash and core them while leaving the bottoms intact. Mix some melted butter, brown sugar and cinnamon and put the mixture in the core of each apple. Place in baking dish with 1/8 cup of apple cider, bake at 375 degrees for 45 minutes and enjoy!

### VEGETABLE » RED CABBAGE

**HEALTH BENEFITS:** The deep red/purple pigment of red cabbage provides anti-inflammatory and antioxidant benefits. It is an excellent source of Vitamin K and Vitamin C, as well as Vitamin B6, which is important for carbohydrate metabolism and nervous-system health. Red cabbage is also a very good source of manganese, folate, fiber and potassium.



**SELECTION / STORAGE:** Choose cabbage that is firm and has shiny crisp leaves without blemishes or cracks. Keeping it cold will help retain the Vitamin C content. Cabbage can be stored for about two weeks when placed in a plastic bag in the crisper of your refrigerator. Cover partial heads of cabbage tight with plastic wrap and use within a few days.

**EATING / PREPARATION:** Remove the outer thicker leaves and cut the cabbage in half through the stem. Cut each piece in half again, cut out the stem and wash the leaves under cold water. Cabbage can be eaten raw, tossed into salads, stir fries, soups, and casseroles; used as a topping for fish tacos; or made into a delicious coleslaw recipe.



### ACTIVITY » TAKE YOUR PICK

**ACTIVITY:** There are plenty of ways to stay active this month between pumpkin patches and corn mazes. But did you know that it's National Apple Month as well? Some area orchards even give you the chance to pick your own apples to take home. This activity not only gets you outside but is also great cardiovascular activity. Walking through the trees strengthens muscles, lowers blood pressure and reduces stress. Plus, homemade apple cider is never a bad idea.