
WAYS TO LIVE HEALTHY IN MARCH



FRUIT » PINEAPPLE

SELECTION / STORAGE: Choose a heavier pineapple that is slightly soft to touch with a strong color and crisp green leaves. Pineapples will not ripen more after purchase. Store on the counter for two days. After that, refrigerate whole pineapple wrapped tight for a maximum of 3-5 days.

EATING / PREPARATION: Twist off the leaves. Wash with cold water. Lay the pineapple on its side. Cut ¼ inch off the top and bottom ends. Stand the pineapple up and cut off the skin. Lay the pineapple on its side and cut ½ inch slices. Cut the core out of each slice to make a ring. Enjoy plain, over cottage cheese or in yogurt. Don't forget to try some delicious teriyaki steak and pineapple skewers on the grill this summer too!

HEALTH BENEFITS: Pineapple is an excellent source of vitamin C and manganese, a mineral needed to process vitamins, support bone structure and maintain the nervous system. Fresh pineapples are rich in bromelain, which helps in protein digestion.

VEGETABLE » BROCCOLI

SELECTION / STORAGE: Choose dark green or green-purple florets that are tight together. Store refrigerated for up to 10 days in a plastic bag with no air (can be stored for a few days once cut).

EATING / PREPARATION: Wash with cold water, peel stem and cut into half-inch slices. Cut florets into quarters or smaller. The stems and leaves provide additional flavor. Broccoli is very versatile and is delicious steamed, in stir fries or even raw. Try it in soups, casseroles, chicken dishes, pasta alfredo or as a side dish with cheese sauce.

HEALTH BENEFITS: Broccoli's noteworthy nutrients include vitamins A, K and C. It can be an important source of calcium for those who don't consume dairy products. Broccoli is rich in insoluble and soluble fiber – helping you feel full, lowering bad cholesterol, and keeping your GI tract healthy.



» QUICK RECIPE: Mix 1/2 cup light mayo, 2 tbsp. sugar, and 1 tbsp. cider vinegar together. Chop 1 lb. of broccoli crowns in bite size pieces (about 4 cups). Then chop 3 tbsp. of red onion. Toss everything together. Before enjoying, crumble six pieces of cooked bacon and sprinkle with sunflower seeds.



ACTIVITY » SHOOT HOOPS

ACTIVITY: For fun or competition, the running and jumping in basketball is a great way to exercise! Plus, it will help build your endurance and improve coordination all while working as part of a team. So head out and shoot some hoops!