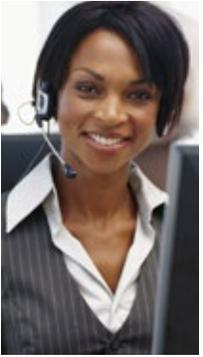




BalanceHealthSM Newsletter

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Seasonal Eating

The seasonality of food refers to eating produce when it is at its peak in regards to harvest and flavor.

Eating in season has many benefits:

Better Taste – Produce that is grown and picked at its peak typically tastes better. Think of the taste of strawberries in spring. They are usually sweet, juicy, and delicious! Compare this to fresh strawberries bought in the winter; they tend to be much blander.

More Nutritious – Produce starts losing nutrients as soon as it is picked. The longer the travel time to your store, the more nutrients that are lost. Therefore, local seasonal produce tends to be the most nutritious!

More Cost Effective – It costs more to transport produce overseas to your local store than it

does to transport them from somewhere domestic that is closer. Therefore, when you buy fresh food in season, you don't pay as much for transportation costs, which makes the produce more affordable.

The good news is that there is an abundance of fruits and vegetables that are in season over the summer!

Some popular vegetables that are in season now include:

- Radishes
- Arugula
- Cucumber
- Beets
- Bell Peppers
- Carrots
- Zucchini
- Garlic
- Corn
- Rhubarb

Some popular fruit that is in sea-

For more information or advice about seasonal eating, contact your Wellness Coordinator by calling:

1.800.327.2255

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son now includes:

- Apricots
- Plums
- Cherries
- Blackberries
- Nectarines
- Strawberries
- Peaches
- Tomatoes
- Passion Fruit
- Melon
- Lemon
- Limes

With such a wide variety of produce in season, summer is the perfect time to incorporate at least one nutrient packed fruit and/or vegetable into every meal.

Here are just a few ideas:

Breakfast

Add some sautéed bell peppers to your scrambled eggs and have black-

berries as a healthy and delicious side dish.

Lunch

Spruce up your typically salad with arugula, shaved carrots, radishes, tomatoes and cucumbers, then top with chicken for a complete meal.

Dinner

Grill some steak and add two seasonal side dishes. Grill up some corn alongside the steak and cut some juicy melon to finish the meal.

Desert

Nothing beats fresh strawberry shortcake to finish off a day of healthy seasonal eating!

Remember to contact your Wellness Coach for a complete list of seasonal produce or for some additional tips on incorporating fruits and veggies into your healthy eating plan.

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