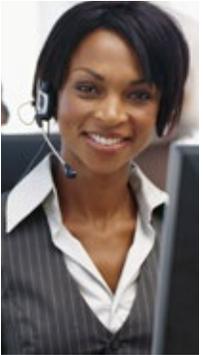




BalanceHealthSM Newsletter

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Summer Produce

With the warm rays of summer comes a bounty of fresh fruits and vegetables that are at their peak during the months of June, July, and August. Produce that is in-season and at its peak is incredibly delicious and makes a great addition to any meal or can be enjoyed alone as a healthy snack.

Let's take a look at a few popular fruits and vegetables that are in-season right now and a snapshot of their health benefits.

Blackberries

These nutritional powerhouses are rich in Vitamin C and bioflavonoids. They have one of the highest antioxidant levels of all fruit, which reduces cancer risk. They are also high in tannins, which may reduce inflammation. In addition, a whole cup of blackberries only has 62 calories, so go ahead and enjoy!

Blueberries

These succulent little berries are shown to have a number of health benefits. Blueberry's significant fiber, potassium, folate, vitamin C, vitamin B6 and phytonutrient content, coupled with its lack of cholesterol, all support heart health. Blueberries are also high in cancer fighting antioxidants, can improve cognitive health, promote digestive health, and can help lower blood pressure naturally.

Cherries

This delicious little fruit is often referred to as nature's candy and is packed with nutrients. Cherries are a natural source of melatonin, which regulates circadian rhythm and helps you get a more restful sleep. They are also high in flavonoids, which can help ward off memory loss as we age. Cherries are also very high in potassium, which promotes heart health and are extremely rich in antioxidants.

Watermelon

Sweet and juicy watermelon is so tasty that it's hard to believe it is also so healthy. Watermelon is made up of 92% water and is full of electrolytes, making it a great snack to help prevent dehydration during the hot summer months. Watermelon is rich in choline, which is a very important and versatile nutrient that aids our bodies in sleep, muscle movement, learning and memory.

Peaches

This fuzzy little fruit packs a nutritional punch. Peaches are great for digestive health due to their high fiber content. Dietary fiber in peaches absorbs water and helps prevent stomach disorders like constipation, hemorrhoids, ulcers, gastritis and irregular bowel movements. Peaches are also high in magnesium, which can help reduce stress and

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anxiety, high in antioxidants, which combat free radicals, and are rich in potassium, which is essential for proper nerve and cellular functioning.

Tomato

This superfood is so easy to incorporate into your diet. Tomatoes are loaded with lycopene, which has incredibly high antioxidant activity. Tomatoes also contain a considerable amount of calcium and Vitamin K. Both of these nutrients are essential in strengthening and performing minor repairs on the bones as well as the bone tissue. Tomatoes are also rich in vitamin B and potassium, which make them very good for your heart.

Bell Peppers

These crunchy treats are high in vitamins and low in calories. Peppers are extremely rich in vitamin C, which powers up your immune system and protects your skin. They also contain capsaicin, which has been shown to reduce bad cholesterol, control diabetes, and ease inflammation.

Corn

This summer staple sometimes gets a bad rap because it contains more sugar than other vegetables, but it is also packed with nutrients. Corn is loaded with flavonoids, which, among other things, protects against certain cancers, as well as antioxidants and lutein. Together, these compounds help maintain healthy mucus membranes, skin, and vision. Corn also is an excellent source of vitamin A, thiamin, and vitamin B6.

Cucumbers

This versatile veggie has many unique health benefits. Cucumbers are made of 96% water so they can keep you hydrated and help flush toxins from the body. Eating cucumber can provide heartburn relief and applying cucumber to the skin helps relieve sunburn. In addition, a compound in cucumbers called sterols helps reduce bad cholesterol.

Summer Squash

This seasonal variety of squash helps you stay healthy. Summer squash is rich in lutein and zeaxanthin, which is essential for eye health. Summer squash also helps boost red blood cells and it contains 33% of your daily recommendation for Vitamin B.

This summer, challenge yourself to incorporate fresh fruits and/or vegetables into each meal. There are so many ways to enjoy fresh produce – whip up a fresh berry salad, grill corn and summer squash to release their sweet and savory flavors, cook up a homemade tomato sauce for your pasta, cut up watermelon for a healthy snack, and add bell peppers and cucumber to your salad for some extra flavor and crunch.

Remember that **eni's** Wellness Coaches are available to provide our members with a full list of in-season produce and suggestions on how to fit them into your lifestyle.

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