

**September National Health Observance:  
How's Your Intake of Fruits, Vegetables and Whole Grains?**

*Brought to you by the Wellness Works Committee*

[http://webs.anokaramsey.edu/wellness\\_works/](http://webs.anokaramsey.edu/wellness_works/)

Now that classes have been underway for a couple of weeks and the hectic pace has slowed a bit (hopefully, anyway!), it might be time to take another look at how you are taking care of yourself. For September, two closely-related Health Observances are being highlighted. September is **Fruit and Veggies - More Matters Month**, and **Whole Grains Month**.

Most likely, you have heard about how important it is to eat your fruits and vegetables and whole grains, so most likely, you don't need any nagging about this. However, studies do indicate that people who eat more fruits and vegetables and whole grains tend to experience significantly lower rates of several diseases, including heart disease, type 2 diabetes, and certain forms of cancer (okay, maybe just a little nagging... ). Here are some links to some tools you might enjoy using to review your diet and assess your current intake of fruits, vegetables and whole grains.

- Remember the "5 A Day" campaign from the National Cancer Institute? In 2007, 5 A Day was changed to *Fruits & Veggies—More Matters* as experts realized that 5 A Day didn't fit everyone's needs. The *2005 Dietary Guidelines for Americans* recommends different amounts of produce intake based on a person's age, gender, and activity level. The **Fruits and Veggies: More Matters** website (<http://www.fruitsandveggiesmatter.gov/>) provides information on the benefits of fruits and veggies, tips to help you increase your intake, recipes, and a few other tools.
  - Get pictorial feedback on your intake of fruits and veggies with the help of a dinner plate graphic at [http://www.fruitsandveggiesmatter.gov/activities/analyze\\_my\\_plate.html](http://www.fruitsandveggiesmatter.gov/activities/analyze_my_plate.html)
- Phytochemicals are the compounds in fruits, vegetables, and other plant-based foods that provide the wonderful colors and aromas these foods provide (you could say they put the "blue" in blueberry!). Find specific information about the benefits of particular colors of fruits and vegetables at <http://pbhfoundation.org/pulse/success/campaigns/colorway/whyscience.php> .
- Take a short quiz to assess your typical intake with this Fruit, Vegetable and Fiber Screener at [http://www.nutritionquest.com/freetools/fv\\_screener.htm](http://www.nutritionquest.com/freetools/fv_screener.htm)
- Confused about what is meant by "whole grain?" The Whole Grains Council clarifies what foods are considered whole grains and the benefits they provide at <http://www.wholegrainscouncil.org/whole-grains-101> .
- The Food Guide Pyramid is now "MyPyramid," which includes several interactive online tools. Keep track of your intake for a day or up to a week with this MyPyramid tool, which uses graphics and various reports to compare how closely what you eat matches what you need for fruits, vegetables, grains and other foods at <http://www.mypyramidtracker.gov/planner/> .

Happy eating!