PACIFIC COAST FARMERS' MARKET ASSOCIATION

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HEALTH STARTS: KITCHEN & FARMERS MARKET

Our health is of utmost concern right now. Fueling your body with healthy nutritious foods that improve your immune system and give you more energy and stamina will help you feel better and ward off illness.

Fresh local produce from your farmers' market will give you the fuel your body needs to work in your garden, handle your errands, work a full day at your job, and take care of the kids without wilting. Fruits, vegetables, whole grains, and protein will give your body the vitamins, minerals, antioxidants, fiber, and energy for all kinds of tasks throughout the day. The farmers' market is a better choice for better health because you know where your food is coming from.

Energy Boosters
Carbohydrates like whole-grain pasta and bread, oats, fresh fruits and vegetables, and local honey will give you energy. Carbs are the body's preferred source of fuel. They also raise serotonin levels, keeping your mood even. The body absorbs whole grains and beans slowly because they are full of healthy fiber, stabilizing blood sugar and energy levels and giving you sustainable energy.

Keeping You Well
Your immune system benefits from a variety of whole fresh foods like antioxidant-rich berries, dark leafy greens, garlic, onions, oranges, root vegetables, and beans. Yogurt helps your digestive tract and salmon

has the much-touted omega-3 fatty acids.

It is advisable to drink plenty of water. A body doesn't work as well when it is dehydrated.

It is also advised that you eat five to nine servings of fruits and vegetables every day. There are several easy ways to do this without much effort.

How to Incorporate Healthy Fruits and Vegetables Into Your Diet

- Add fruit like berries to your whole-grain cereal in the morning, or chopped apple or raisins on oatmeal.
- Make a tasty smoothie with berries, oranges, a few nuts, and plain yogurt.
- Add chopped peppers and spinach into your morning scrambled eggs.
- Make it a point to add a small salad or a small bowl of veggie soup to lunch or dinner.
- Sneak veggies into your usual recipes like veggie-loaded lasagna or meatloaf.
- Swap out sugary desserts for a bowl of fresh fruit. Or freeze grapes for a cool treat.
- Always have fresh fruits and vegetables in easy-to-grab places (a fruit bowl, sliced in the fridge).
- Reduce the amount of meat or cheese on a sandwich by ½ and replace it with veggies.
- Try hummus with carrots, celery, cauliflower, bell pepper, or other vegetables

Stay healthy this year by grabbing fruits and veggies and incorporating them into your daily meals. You'll feel better for it!