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# WAYS TO LIVE HEALTHY IN APRIL

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## FRUIT » MANGO

**SELECTION / STORAGE:** Select a mango that smells sweet and gives slightly when pressed. Hard mangoes can be ripened on the counter for a few days.

**EATING / PREPARATION:** Wash before cutting and remember that mangoes have a large pit in the middle. Lay the mango with the stem pointing away from you, cut down the mango about a half inch from the center. Repeat on the other side. Next, score the two ends into cubes, and attempt to turn them inside out, then cut along the peel to release your mango cubes. There will be some fruit left around the pit in the middle

section that you can also cut out. Mango can be diced and added to salsa for a sweet kick or tossed into salads. They also can be added to Mexican black bean and rice dishes. Its sweet tropical flavor is perfect for a smoothie or you can simply enjoy it plain. Frozen cubed mango is quick and just as delicious.

**HEALTH BENEFITS:** Mango is a delicious tropical fruit with a unique sweet taste and is an excellent source of Vitamins C and A. It has an abundant amount of folate which assists the body in red blood cell production. Mangoes are also one of the few fruits that are a good source of Vitamin E.

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## VEGETABLE » SPINACH

**SELECTION / STORAGE:** Select spinach vibrant green in color without wilting leaves. Store refrigerated for five days in a plastic bag with the air removed. Do not wash before storing or it will spoil faster. It should be washed right before use. Wash especially well if it is not pre-washed and bagged.

**EATING / PREPARATION:** Spinach is best boiled because it takes the acidity out and gives it a sweeter taste. Cooked spinach can be added to chicken and pasta dishes, omelets, and lasagna. For a quick fix add spinach to your next salad or sandwich.



**HEALTH BENEFITS:** Spinach is especially high in phytonutrients that provide anti-inflammatory and antioxidant benefits. Spinach has a wealth of vitamin K and is an excellent source of calcium and magnesium which help keep bones strong. Spinach nearly tops the chart of vegetables with Vitamin E, helping strengthen the immune system.

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## ACTIVITY » PUDDLE JUMPING

**ACTIVITY:** Grab those old worn out clothes and rubber boots and get jumping! Bring some friends or make it a family adventure. If you have never been puddle jumping, you're in for some fun and a lot of laughs. If that rainy day just hasn't shown up yet, grab your tennis shoes and go for a walk instead. You can still jump and skip along the way. Jumping and walking help tone your leg muscles while keeping your bones strong.

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