

AUGUST 2017 HEALTHY TIP

FRUITS AND VEGGIES

Busy lives can benefit from food that's nutritious, yet easy to eat on-the-go. Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going. Stock up on easy-to-carry foods such as celery, carrots, apples, and grapes. Keep these handy when you are away from home to keep from buying junk food and fast foods.

A diet rich in veggies and fruits is great for your health. And there's a simple way to really make sure you're getting all the vitamins and nutrients your body needs: **Eat all the colors!**

Sure, eating a green salad is great for you. But you may be missing out on some key vitamins that may not be found in greens. Eating a rainbow of fruits and veggies helps ensure you get more of the nutrients you need. Here are some tasty ways to get your nutrient rainbow:



- **Orange/Yellow:** Carrots, oranges, bell peppers, peaches, sweet potatoes, pumpkin, butternut squash, cantaloupe, corn, summer squash
- **Green:** Kale, spinach, romaine lettuce, kiwifruit, green bell peppers, broccoli, cabbage
- **Red/Purple/Blue:** Strawberries, beets, kidney beans, cranberries, raspberries, red or pink grapefruit, blueberries, red bell peppers, cherries, prunes, eggplant, figs, tomatoes, watermelon

Check Out Your Local Farmer's Market!

Farmers' markets have been springing up in cities across the country. The trend seems due, in part, to the rising call for locally grown fresh fruits and veggies. And when it comes to produce, farmers' markets may have an edge on grocery stores:

- Fresher produce. Locally grown fruits and veggies tend to be fresher. That's because they spend less time sitting in warehouses and shipping containers.
- Wider variety. Farmers' markets tend to offer a wider range of fruits and veggies than supermarkets. Venture beyond apples, bananas, carrots, and lettuce. Try pluots, kohlrabi, and sunchokes.
- Easier on the environment. Locally grown food may be easier on the planet's environment. One reason is that it has a smaller distance to travel to get to your plate. That can mean less energy—i.e., gas—spent on transporting it.

WORLD CLASS. LOCAL TOUCH.

For informational purposes only.

This document is not intended to be taken as advice regarding any individual situation and should not be relied upon as such. Marsh & McLennan Agency LLC shall have no obligation to update this publication and shall have no liability to you or any other party arising out of this publication or any matter contained herein. Any statements concerning actuarial, tax, accounting or legal matters are based solely on our experience as consultants and are not to be relied upon as actuarial, accounting, tax or legal advice, for which you should consult your own professional advisors. Any modeling analytics or projections are subject to inherent uncertainty and the analysis could be materially affective if any underlying assumptions, conditions, information or factors are inaccurate or incomplete or should change. Copyright © 2017 Marsh & McLennan Agency LLC. All rights reserved.