

HealthyBy Choice

...One Day at a Time

Volume 12, Issue 9 • September 2017



Fruit and Veggies — More Matters Month

Every step taken towards eating more fruits and veggies helps you and your family be at their best. **Because eating fruits and vegetables may reduce your family's risk of many diseases**, the Dietary Guidelines for Americans recommends eating more fruits and vegetables than any other food group.

All forms of fruits and vegetables matter: fresh, frozen, canned, dried, and 100% juice. And colors are important. Eat a colorful variety of fruits and vegetables every day!

These are just some of the important nutrients found in fruits and vegetables.



Top 10 Meal Planning & Shopping Tips

Dried Fruits. Take advantage of the vast assortment of dried fruits available and dress up your cereals or salads...or simply enjoy as a snack.



Leftovers. Re-create leftovers to make a whole new meal. Use them in wraps or sandwiches, for quesadillas, in casseroles or with pasta.

Convenience. Pick up some frozen or canned fruits and vegetables for later in the week or busy nights.

Experiment. Try a new fruit or vegetable or prepare a familiar one in a different way.

Seasoning Combinations. Buy plain (unseasoned) frozen vegetables and create seasoning combinations using herbs, lemon juice, or garlic to keep out the fat and salt.

100% Juice. Look for fruit and vegetable juices that say 100% juice!

Smoothies for Breakfast. Frozen fruit makes great smoothies for a breakfast on the run.

Easy to Grab & Go. Fill up that fruit bowl so you and your family can grab and go.

Meatless Meals. Plan one or more meatless meals for the week — there are endless possibilities for using dried or canned beans. They're cheap, too! Check out the variety in your store.

Make More. Plan for leftovers so you have a ready-meal.



More really does matter!



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Polycystic Ovary Syndrome Month

Polycystic ovary syndrome (PCOS) is a hormonal disorder common among women of reproductive age. Women with PCOS may have infrequent or prolonged menstrual periods or excess male hormone (androgen) levels. The ovaries may develop numerous small collections of fluid (follicles) and fail to regularly release eggs.

Signs and symptoms of PCOS vary. A diagnosis of PCOS is made when you experience at least two of these signs:

- **Irregular periods.** Infrequent, irregular or prolonged menstrual cycles are the most common sign of PCOS.
- **Excess androgen.** May result in physical signs, such as excess facial and body hair (hirsutism), and occasionally severe acne and male-pattern baldness.
- **Polycystic ovaries.** Your ovaries might be enlarged and contain follicles that surround the eggs. As a result, the ovaries might fail to function regularly.

Complications of PCOS can include:

- Infertility
- Gestational diabetes or pregnancy-induced high blood pressure
- Miscarriage or premature birth
- Nonalcoholic steatohepatitis — a severe liver inflammation caused by fat accumulation in the liver
- Metabolic syndrome — a cluster of conditions including high blood pressure, high blood sugar, and abnormal cholesterol or triglyceride levels Type 2 diabetes or prediabetes
- Sleep apnea
- Depression, anxiety and eating disorders
- Abnormal uterine bleeding
- Cancer of the uterine lining (endometrial cancer)

Obesity is associated with PCOS and can worsen complications of the disorder.



To help decrease the effects of PCOS, try to:

- **Maintain a healthy weight.** Weight loss can reduce insulin and androgen levels and may restore ovulation.
- **Limit carbohydrates.** Low-fat, high-carbohydrate diets might increase insulin levels. Choose complex carbohydrates, which raise your blood sugar levels more slowly.
- **Be active.** Exercise helps lower blood sugar levels. If you have PCOS, increase your daily activity and participate in a regular exercise program.



Get Educated and Stay Aware!

