



HEALTHIEST STATE MONTH WEEK 2 BULLETIN

#HealthyChoicesCount IowaHealthiestState.com



5 OR MORE SERVINGS OF FRUITS AND VEGETABLES

A diet full of fruits and vegetables provides vitamins and minerals that support growth, development and optimal immune function in children. High daily intakes of fruits and vegetables among adults are associated with lower rates of chronic diseases such as heart disease, stroke, high blood pressure, diabetes and some types of cancer

DID YOU KNOW?

Vegetables are powerful! Calorie for calorie, there is more protein in broccoli than steak.



WHAT'S IN SEASON?

These 10 fruits and veggies are being harvested right now in Iowa:

- Pumpkins
- Cabbage
- Apples
- Carrots
- Raspberries
- Squash
- Turnips
- Snap Peas
- Cantaloupes
- Broccoli



2023 Healthiest State Month:

- Oct. 1-7:** 1 hour of physical activity
- Oct. 8-14:** 5 or more fruits & vegetables
- Oct. 15-21:** 2 hours of less of screen time
- Oct. 22-28:** 0 sugary drinks - more water!



Healthiest State
INITIATIVE

