



Chill out with green cuisine

The relaxing effects of green produce.

Often, you hear experts say to eat more leafy greens. That's because leafy greens like kale and spinach are full of calcium, fiber and vitamin C – all of which help keep your bones strong and fight cancer. But it's not just leafy greens. Produce like cucumbers, kiwi fruit, limes and peas are full of these same nutrients. Just remember, the darker the green the denser the nutrients. And here's another healthy bonus: No matter if they're served up hot and steamy or cold and crispy, green fruits and vegetables boost serotonin, helping you feel happy and manage stress. Check out more surprising health benefits in this [article](#).

Recipe: Green your favorite side dish

Potato salad is one of America's most popular side items, and it's usually loaded with lots of calories. Not this [Pea and New Potato Salad recipe](#)! It's super light and includes one popular and powerful green food – green beans. Log in to Healthy Lifestyles and find it in the Recipe section of the Resources and Tools tab.

True Colors Tip: Hold the mayo

Instead of mayo, mash up a fresh avocado and then spread some on your sandwich bread. It's full of healthy fats, fiber and other super-nutrients. Once you try it, tell your chatter friends how you liked it.

Track your servings three times a week.

Log in to Healthy Lifestyles at [anthem.com](#) and use your servings tracker under the **My Well-Being Plan** tab.

Lean green fruits and veggies

Did you know that kiwi fruit can be used as a natural meat tenderizer? Just cut it in half and rub it over meats for up to 15 minutes. Kiwis that are slightly firm with a rough, fuzzy skin are best. To learn more tips on your favorite green fruits and veggies, click the button below.

[Produce chart](#) →



Track your servings →

- Eat at least 2 cups of fruit and 2 ½ cups of vegetables every day.
- Drink 6 cups of water every day.
- Record everything on your servings tracker at least three days each week.



Watch and learn →

If you want to try Brussels sprouts for the first time or find a new way to prepare them, then watch this video for suggestions. You can cook them faster by cutting them in half or quarters.



Share with others. →

Where and how do you find the best deals on fruits and vegetables? Share your shopping tips with others on the chatter board when you log in to Healthy Lifestyles.

Remember:

All forms of fruits and vegetables count – fresh, frozen, canned, dried and 100% juice.

Talk with your doctor before starting this or any other fitness, nutrition and weight management program to find out if it is right for your needs.

Source:

- Joy Bauer [joybauer.com](#)
- Fruits and Veggies More Matters [fruitsandveggiesmorematters.org](#)

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