



### September is Fruit & Veggies – More Matters Month

Most people know that eating fruits and vegetables is important for good health, but most of us still aren't eating enough. A healthy diet with plenty of vegetables and fruits can help you:

- Lower your risk for heart disease and some types of cancer
- Maintain or reach a healthy weight
- Keep your body strong and active.

Here are some ideas to help you and your family fit more fruits and vegetables into your day:

- Keep a bowl of fruit handy where the whole family can see it. [Click here](#) for tips on storing fruits and vegetables for the best flavor.
- Cut up fruits and veggies ahead of time and put them in a storage bag for quick, healthy on the go snacks.
- Challenge your family to try a new veggie or fruit every week.

Remember, eating more fruits and veggies can be fun – and it's worth it!

### Live Better Louisiana Deadline Extended

In light of the recent unprecedented and unexpected flooding in South Louisiana, the Office of Group Benefits and Blue Cross and Blue Shield of Louisiana are **extending the Live Better Louisiana deadline to Friday, September 9, 2016**. You have extra time to complete a checkup at a Catapult Health Clinic or your doctor's office, along with your Personal Health Assessment (PHA). Completing both the checkup and PHA before the deadline will earn you a \$120 premium credit on your 2017 health insurance premium with Blue Cross.

You will have until **Friday, Sept. 9, 2016**, to [complete your Personal Health Assessment](#) and [attend any remaining Catapult Health clinics](#). You can also visit your primary care doctor and have him or her fill out and fax in the [Primary Care Provider form](#) by **Friday, Sept. 9, 2016 at 5 p.m. CDT** in place of going to a Catapult Health clinic.

#### Live Better Louisiana Clinics

Date	Location
09/07-08/2016	Pineville-Pinecrest Supports and Services (100 Pinecrest Dr.)

### Key Nutrients In Fruits & Vegetables

The Dietary Guidelines for Americans calls for all Americans to eat more nutrient-rich food to help reduce risk of certain diseases. [Fruits and vegetables](#) can be great sources of the following important nutrients:

- **Calcium:** It is essential for healthy bones and teeth. It is also needed for normal functioning of muscles, nerves and some glands. (collard greens, spinach, edamame, turnip greens)

- **Fiber:** Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease. (apples, raspberries, green beans, sweet potatoes)
- **Folate:** Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect. (asparagus, broccoli, spinach, strawberries, cantaloupe, blackberries)
- **Iron:** Needed for healthy blood and normal functioning of all cells. (lentils, spinach, chickpeas, lima beans)
- **Magnesium:** It is necessary for healthy bones and is involved with more than 300 enzymes in your body! In adequate levels may result in muscle cramps and high blood pressure. (spinach, okra, butternut squash, artichoke hearts)
- **Potassium:** Diets rich in potassium may help to maintain a healthy blood pressure. (bananas, broccoli, cherries sweet potato, tomato)
- **Sodium:** Needed for normal cell function throughout the body. Most diets contain too much sodium which is associated with high blood pressure. (honey dew, mushrooms, grapes, lettuce)
- **Vitamin A:** Keeps eyes and skin healthy and helps protect against infections. (watermelon, mango, spinach, lettuce)
- **Vitamin C:** Helps heal cuts and wounds and keeps teeth and gums healthy. (orange, pineapple, cabbage, okra)

### **Brown Bag Lunch & Learn in the Claiborne Building, Iowa Room 1-153**

**Topic:** Eating Out Successfully

**Date:** Wednesday, September 14, 2016

**Time:** 11:30 - noon

If you cannot attend at the Claiborne Building, click the following link to [Join WebEx meeting](#)

Meeting number: **809 924 663**

Meeting password: **Nnxm7pGE**

#### **Join by phone**

**+1-855-797-9485** US Toll free

Access code: 809 924 663

### **2016 St. Jude Walk/Run to End Childhood Cancer**

**When:** Saturday, September 24, 2016

**Time:** 7:00am – 12:00pm

**Where:** North Boulevard Town Square (Downtown)  
200 North Blvd. Baton Rouge, LA 70801

St. Jude Children's Research Hospital is where doctors send their toughest cases, because it has the world's best survival rates for the most aggressive childhood cancer. Help to end childhood cancer by participating in the **Baton Rouge St. Jude Walk/Run**.

#### **Apple Oatmeal Bars**

This sweet treat has lots of soluble fiber to keep you full and aid in blood sugar control. Made without butter or flour, these bars will please your sweet tooth and your waistline.

## Ingredients

- 1 cup oat flour
- 1½ cups old-fashioned oats
- 2 tablespoons sugar
- 1 teaspoon cinnamon
- Pinch of nutmeg
- ¼ teaspoon salt
- ¼ teaspoon baking soda
- ½ cup unsweetened applesauce
- ¼ cup melted coconut oil
- ¼ cup pure maple syrup
- 1 medium apple diced
- ½ cup naturally sweetened apple butter

1. Preheat oven to 350°F. Grease an 8x8 inch baking dish with oil or cooking spray.
2. Combine oats, oat flour, sugar, cinnamon, nutmeg, and baking soda in a large bowl. Add applesauce, maple syrup, coconut oil and apple. Stir until combined.
3. Set aside a heaping half-cup of the oat mixture, then press the rest evenly into the pan. Top with apple butter, spreading evenly with a spoon or spatula. Sprinkle the rest of the mixture on top.
4. Bake for about 30 minutes, cool before cutting into 12-16 bars. (Store in the refrigerator)

## Broccoli and Cheese Egg Muffins

An easy, healthy breakfast food that can be made ahead of time and put in the freezer. During the week, take one out and warm in the microwave or toaster oven for a great grab-and-go breakfast. They are only about 73 calories each so you can eat more than one or have an apple oatmeal bar with it.

## Ingredients

- 4 whole eggs
- 1 cup egg whites
- 4 cups broccoli florets
- 1 tablespoon olive oil
- Salt and pepper
- ¼ cup grated cheese
- Sharp cheddar (for sprinkling)

1. Preheat oven to 400°F. Steam broccoli in the microwave by putting it in a cup with a little water for about six minutes. Mash it and mix it with olive oil, salt, and pepper. Spoon broccoli in the bottom of a prepared muffin tin.
2. Mix eggs, egg whites, grated cheese, salt and pepper in a small bowl. Pour over the broccoli. Top with sharp cheddar.
3. Bake for about 15-20 minutes.

\*\*\*Makes approximately 12 servings\*\*\*

For more information, visit us at [www.bcbsla.com/ogb](http://www.bcbsla.com/ogb)

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