

NEWS RELEASE

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For immediate release.

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Fresh Vegetables available at Local Farmers Markets throughout the Panhandle

Visiting your local Farmers Market is a great way to eat more vegetables. As a nation, we eat less than half of the recommended servings of vegetables daily. Adults should eat 2 ½ - 3 cups of vegetables every day.

Vegetables provide you with the nutrients vital for the health and maintenance of your body. When you eat vegetables as part of a healthy diet you reduce your risk of some chronic diseases such as heart disease, obesity and type 2 diabetes.

There are many tips to select vegetables for the best nutritional value.

- Choose vegetables with more potassium: sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.
- Sauces or seasonings can add calories, saturated fat, and sodium to vegetables. Check Nutrition Facts label and choose those low in calories, saturated fat and sodium.
- Prepare more foods from fresh ingredients to cut your salt (sodium). Packaged or processed foods have more sodium than fresh foods.

Be sure to rinse vegetables before preparing or eating them. Under clean, running water, rub vegetables briskly with your hands to remove dirt and surface microorganisms. Dry with a clean cloth towel or paper towel after rinsing. Keep vegetables separate from raw meat, poultry and seafood while shopping, preparing, or storing.

Visit Panhandle Public Health District on Facebook for weekly recipes that use the vegetables you can find at your local Farmers Market.

For additional information on local Farmers Markets and Nutrition visit www.pphd.org or call Tabi Prochazka, Coordinator, at Panhandle Public Health District at 308-487-3600 ext 107 or toll free at 866-701-7173. Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.