







A Summer of Fresh Flavors and Better Health

Hello summer! The season's bounty of fresh fruits and vegetables makes it a perfect time to focus on eating well. Eating a variety of healthy foods can be delicious, satisfying, and fun. It can also help prevent [prediabetes](#), a condition marked by elevated blood sugars that increases the risk of Type 2 diabetes, heart disease and stroke.

TEAM ACTIVITY

Try these ideas to get everyone on your team eating more fruits and vegetables:

-  Challenge your co-workers to bring in fruit or vegetable snacks instead of sweets.
-  Set up a "Secret Santa" team exercise where you leave pieces of delicious fruit in each other's workspaces.
-  Create a UBT SMART goal to increase your team's consumption of cruciferous vegetables (kale, chard, broccoli, brussels sprouts) and low-glycemic fruits (apples, cherries, blueberries) to lower risks associated with prediabetes.
-  Track produce servings on [Go KP](#).

BONUS ACTIVITY



Take a photo of your healthy recipes and gatherings and post them on the [LMP Facebook page](#). Remember, only employees who have given permission can be in the picture.



Eating fresh fruits and vegetables can help us manage our weight and bring a number of other health benefits, including:

- » added energy
- » boosted immunity
- » more ability to focus
- » improved mood
- » better sleep
- » healthier skin, hair and nails

For More Information:

- » Get inspired to eat well by checking out the [Go KP recipe page](#).
- » Get a [KP discount](#) on fresh produce and healthy snacks delivered to your home or office.