

[illegible]

26% are overweight

The amount of sleep you get is very important and contributes to your health and well-being. It is recommended to get at least 7 hours of sleep each night.



## Fun Facts!

- ❖ **Blueberries** are a good source of vitamin K, vitamin C, manganese, fiber, and copper. They can also improve memory!
- ❖ **Strawberries** are a great source of vitamins C and K as well as fiber, folic acid, manganese and potassium. They help burn stored fat, boost short term memory, ease inflammation, promote bone and eye health, and are good for weight loss.
- ❖ **Raspberries** are an excellent source of vitamin C, manganese, and dietary fiber. They can also improve management of obesity.
- ❖ **Bananas** are packed with potassium and great for your heart! They can help with depression, weight loss, vision, and bones. Plus, they taste sweet and are filling!
- ❖ **Yogurt** provides protein and calcium and some yogurts have probiotics which keeps the intestines healthy. Yogurt promotes bone health and aids in digestion.

### Food for thought....

The color of each fruit represents a different micronutrient, vitamin, or mineral which helps to nourish your body. Try and eat the rainbow by challenging yourself to eat different colors and make a nutritious place!

# Healthy Recipe

## Yogurt Pops!



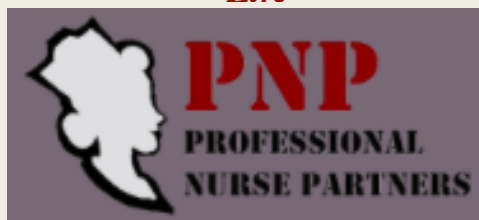
### Ingredients:

- 2 cups of fresh blueberries, raspberries, strawberries, and sliced bananas, mixed together
- 2 cups of plain, fat-free yogurt
- ¼ cup white sugar
- paper cups
- popsicle sticks

### Directions:

- Place the mixed blueberries, raspberries, strawberries, sliced bananas, yogurt, and sugar into a blender. Cover, and blend until fruit is chunky or smooth, as desired.
- Fill paper cups 3/4 full with fruit mixture. Cover the top of each cup with a strip of aluminum foil. Poke a popsicle stick through the center of the foil on each cup.
- Place the cups in the freezer for at least 5 hours. To serve, remove foil and peel off the paper cup.

*Promoting Good Health and Quality of Life*



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