

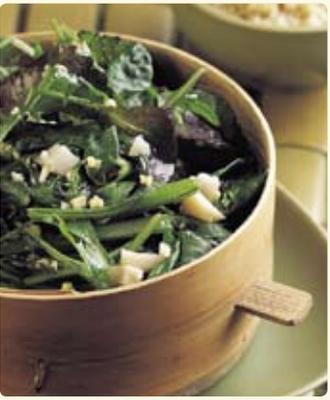
# Get Your Greens

Benefits of eating leafy green vegetables:



- ✓ **LUTEIN:**  
Protects eyesight.
- ✓ **FOLATE:**  
Promotes heart health.
- ✓ **VITAMINS A, C, AND E:**  
Supports immune system.
- ✓ **ANTIOXIDANTS:**  
Boosts brain power.
- ✓ **LOW IN CALORIES:**  
Helps control weight.

## Steamed Greens with Ginger and Water Chestnuts



**POUR** 2 inches of water into pot and insert steamer basket. Bring water to boil, place greens in basket. Sprinkle ginger and garlic over top of greens, scatter water chestnuts on top.

**SPRINKLE** sesame oil evenly over greens. Cover and steam greens until tender, about 30 seconds. Remove from heat, season to taste with salt and pepper, serve immediately.

**MAKES 4 SERVINGS | PER SERVING:** 31 CALORIES, 2 G. TOTAL FAT (LESS THAN 1G. SATURATED FAT), 3 G. CARBOHYDRATES, 1 G. PROTEIN, 1 G. DIETARY FIBER, 47 MG. SODIUM.

Recipe courtesy of *The New American Plate Cookbook* published by the American Institute for Cancer Research.

- 3 cups mixed leafy greens (such as spinach, Swiss chard, or Chinese greens); washed, stems removed
- 1 tsp finely minced peeled fresh ginger
- 1 tsp finely minced fresh garlic
- 1/2 cup canned water chestnuts, drained and diced
- 1/2 tbsp toasted sesame oil
- Salt and freshly ground black pepper

# What Dole Does Differently

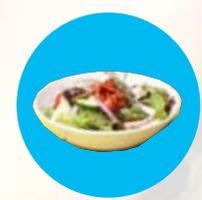
At Dole, we don't just promote wellness, we practice what we preach. In order to help Dole employees stay healthy, we provide:



Free fruit and veggie snacks



On-site exercise classes



Vegetarian cafeteria choices



Healthy vending machines



Discounted personal trainer



Dole Nutrition Newsletter

## 2005 winner of the California Fit Award

We're now reaching out to other businesses to share what we've learned and help them institute similar policies within their own organizations.

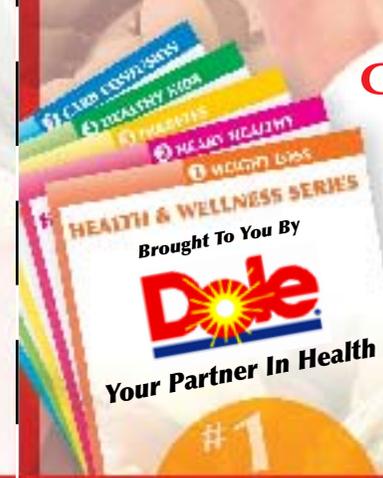
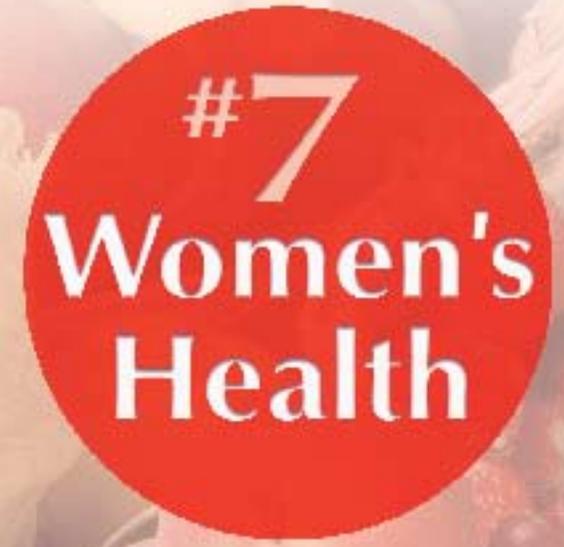


With obesity and inactivity costing billions in lost productivity and medical costs, it's essential that companies become "part of the solution" by creating healthy food and fitness environments for employees.

# HEALTH AND WELLNESS SERIES Brought To You By



## Your Partner In Health



Get healthy!  
Collect the series!

- #1 Weight Loss
- #2 Heart Healthy
- #3 Diabetes
- #4 Healthy Kids
- #5 Carb Confusion
- #6 Natural Beauty
- #7 Women's Health
- #8 Longevity



Your Partner In Health

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# Women's Special Needs

It's no news flash that men's and women's bodies are different. Some differences (hormonal cycles, body composition, reproductive function, etc.) translate into special dietary needs – and no-no's.

## ✓ NEED

**FOLATE:** Heart-healthy nutrient also lowers risk of birth defects.



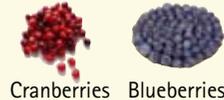
**FIBER:** Fills you up, lowers cholesterol, keeps you regular.



**IRON:** Because of monthly cycles, women are at greater risk of anemia.



**PROANTHOCYANIDINS:** Can help fight urinary tract infections.



**CALCIUM:** After menopause, women need more calcium to maintain bone density.



**PROBIOTICS:** Beneficial bacteria may help fight yeast infections.



## ✗ DON'T NEED

**ALCOHOL:** Besides increasing women's risk of breast cancer, excess alcohol intake damages women's brains more than men's.



**CAFFEINE:** Aggravates symptoms of fibrocystic breasts, irritable bowel and bladder problems.



**ANIMAL FATS:** Too much saturated fat raises your risk of breast cancer and endometriosis.



**LOW-CARBOHYDRATE DIETS:** Excessive protein consumption can affect fertility.



**SMOKING:** Women smokers are three times more likely to develop lung cancer, also damages fertility.

Cigarettes



**MERCURY:** If pregnant or nursing, avoid "large" fish like shark, choosing lower mercury options like wild salmon.

✓ Salmon



# Women Eat 3 Lbs of Food!

...TO SUBTRACT THE POUNDS!



**WEIGH THE EVIDENCE.** Penn State researchers found that healthy women tend to eat about three pounds of food a day. Each of the above scales carries three pounds of food. Guess which side is high in nutrients and which side is high in fat, calories and sodium.

	Scale A	Scale B
Calories	500	4500
Total Fat	5%	373%
Saturated Fat	5%	494%
Sodium	8%	186%
Fiber	118%	83%
Vitamin A	557%	47%
Vitamin C	1469%	26%

\*Percent Daily Values are based on a 2,000-calorie diet.

### Scale A

1 red bell pepper, 1 yellow bell pepper, 1 pear, 1 banana, 1 zucchini, 8 strawberries, 1 carrot, 1 stalk broccoli, 1.5 cups spinach.

### Scale B

Cheesecake, 10 potato chips, French fries, triple cheese-burger, 5 chocolate chip cookies, doughnut, chocolate bar, 1 cup mini cheese crackers.

# Avoid Obesity

Obesity increases risk of:



## Eat To Beat PMS

Cramps, back pain, bloating and headaches are just some of the monthly symptoms of women suffer. Fortunately key nutrients may help.



### MAGNESIUM

Too little could aggravate mood swings. Sources include: soybeans, cooked spinach, Brazil nuts, and oats.



### CALCIUM

In one study, women who consumed the most calcium had 30% lower risk of PMS. Try non-fat dairy, broccoli and kale.



### CHAMOMILE TEA

May help relieve muscle spasms according to British researchers.



### VITAMIN E

May hinder chemicals that cause menstrual cramps. Sources include almonds, sunflower seeds, and red bell pepper.



### CAFFEINE

Some studies show cutting down on caffeine intake can help reduce symptoms of PMS.