

Living Well Tip of the Week

Why Eat Seasonal Produce?

1. *Fresher, healthier, and better tasting fruits and vegetables*
2. *Lower costs*



What's in Season Now?

(Springtime in Texas)

Broccoli - Grapefruit - Oranges - Sweet Potatoes

Cabbage - Greens - Peaches - Tomatoes - Carrots

Herbs - Potatoes - Turnips - Celery - Mushrooms

Spinach - Cucumbers - Onions - Squash

Look for these foods in your local farmer's market or grocery store

Our April "Living Well Tip of the Week" series will be focused on adding color to your diet with fruits and veggies. Look out for more to come on organic vs. non-organic, canned/frozen/fresh, and how to fit them into your daily meal plans.

Browse your Living Well Health Manager powered by WebMD for specific advice on all these tips: go to www.webmdhealth.com/ut and select "Living Healthy" on the top banner.

*Living Well Health Manager powered by WebMD Program available to UT SELECT members- Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.