

California  
Prunes



10

STEPS TO BUILD  
A HEALTHIER  
*Lifestyle*





## *Living right, eating well and feeling great made easy.*

*The Sunsweet story is really a growers' story. We were founded in 1917 by the California prune and apricot growers association to market the fruits of our Members' labour. From the very beginning, we established a commitment to quality that has never wavered. That commitment continues to this day on behalf of our 400 growers/ members. As we celebrate almost 100 years of providing delicious, nutritious and convenient dried fruits and fruit juices to the world, Sunsweet still delivers a standard of excellence that you can taste in every bite.*

**T**oday's busy lifestyles can sometimes keep us from making healthy choices. Just the fact that you're reading this is a positive step. So congratulations on relaxing and understanding the wisdom of taking it a day at a time.

Healthy living is all about making small changes over time and enjoying the results. It all starts with eating right and if you follow these simple rules for meals and snacks you'll be on the right track:

- Choose from the four main food groups:
  - » Meat, fish, eggs, nuts, beans & vegetarian protein alternatives
  - » Milk, cheese, yoghurt
  - » Vegetables, salads & fruit - fresh, frozen or dried
  - » Starchy carbohydrates: bread, potatoes, pasta, rice and wholegrains
- Limit highly processed foods as these tend to be higher in fat, salt, sugar and additives and often lower in vital vitamins & minerals.
- Drink plenty of fluids with a focus on water.

**Sunsweet's** naturally powerful prunes and prune juice can contribute to a balanced diet and healthy lifestyle.

**Sunsweet** products provide a variety of nutrients your body demands<sup>1</sup>.

But living healthy means more than just eating healthy. From good mental health to regular exercise, a happy and healthy life requires making smarter (but surprisingly easy) changes in habits and attitudes. In the following pages you'll find easy steps created by Sunsweet's team of registered dietitians and life science experts to help you on your way to a healthy lifestyle.

1 Prunes are fat-free, saturated fat-free and salt-free. They contain carbohydrate, only naturally occurring sugars, no added sugar or salt. Prunes and prune juice contain sorbitol (which is a polyol). Prunes are high in fibre, vitamin K and potassium, plus a source of vitamin B6, copper and manganese. Prune Juice is a source of fibre and potassium.

# 10

## STEPS TO BUILD A HEALTHIER *Lifestyle*

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## Step 1

### START THE DAY SMART

*Like any complex piece of machinery, the human body works better when it's warmed up. But like any warm-up, there's a right way and a wrong way to go about it. One of the best ways to start smart in the morning is with a series of simple, easy yoga exercises. But don't worry, you don't have to be a yoga expert to enjoy its benefits.*



## 3 Yoga Stretches To Wake You Up

Unless you're one of those cheery morning people who hops out of bed with the sunrise, getting up can be tough. Research even finds that heart attacks are more common at this time of day, partly because of the demands of shifting from groggy to full-speed-ahead.

*"We stifle our natural tendency to stretch and yawn because the alarm goes off and reminds us we have an agenda,"* says J. J. Gormley, founder and director of the Sun & Moon Yoga Studios in Arlington, VA, who designed this morning yoga routine to help you relax, focus and get energised.

To begin, slowly inhale and exhale for a minute or two. Then breathe and relax in the poses on the next page — don't push yourself.

Reference: "How to Cure, Relieve, and Prevent Common Ailments with Exercise" by Carol Krucoff and Mitch Krucoff, MD, of Healing Moves. 2001, Three Rivers Press/Random House.



## Spinal Stretch



Sitting cross-legged, press your sit (derriere) bones into the floor and lengthen your spine, reaching up with the crown of your head (if this is uncomfortable, sit on a firm pillow or folded blankets, or extend one leg). Keep both sit bones on the floor while you do this stretch.

(a) Place your left hand on your right knee, inhale, and lengthen your spine. Then exhale and twist to the right. Breathe, return to center, switch sides and repeat.

(b) Slide your right hand onto the floor and extend your left arm overhead. Inhale and reach your fingers up toward the ceiling, then exhale and reach to the right, stretching your left side. If your left sit bone comes off the floor, don't stretch so far. Breathe, switch sides, and repeat, reaching to the left.

## Cat Tilt



Come onto all fours with your wrists under your shoulders and your knees under your hips. Lengthen your spine, reaching the crown of your head towards the wall in front of you and your tailbone towards the wall behind you. Inhale deeply, then exhale and round your back up toward the ceiling like an angry cat, drawing your chin toward your navel. On the next inhale, arch your back, dropping your belly toward the floor, lifting your sit bones and collarbones and gazing up toward the ceiling. Repeat this sequence three times.

## Puppy Dog



From all fours, (a) Press your hands and fingers into the floor, tuck your toes and (b) Lift your hips up and back. Keeping both knees bent, breathe and "wag your tail." Then bring one heel toward the floor, straightening that leg behind you. Breathe, then bend that knee and straighten the other leg.

Finish off with a resting pose. Sit or lie quietly and tune in to your breathing for several minutes. Remember to smile - it's great "mouth yoga" that brightens your face and your mood.



## Step 2

### KEEP MOVING ON THE INSIDE



*Let's be honest, when it comes to discussing digestive health, most of us would rather steer clear of the topic. But now more than ever, it's important we're aware that digestion plays a significant role in overall wellbeing. In other words, if we "keep moving on the inside" with a healthy digestive system, our bodies keep moving better on the outside, too.*

## Maintain A Healthy Digestive Tract and Feel Fabulous

There's no greater motivator than positive reinforcement. Whether it's zipping easily into your favourite pair of jeans or just feeling like you are carrying yourself lighter — everyone wants a payoff. By prioritising proper diet (eat a few more fruits and vegetables), regular physical activity (take the stairs instead of the escalator) and a few time-outs for stress reduction (can you say "ME" time?) you're choosing to feel great and ultimately to look great. Now that's fabulous!

We all know how important it is to create balance in our multitasking lives. Happily, often all it takes is making a few small changes to start reaping the many important benefits of a healthy lifestyle. Some of the best body and spirit boosting behaviors are based on what you should be adding to your day, not avoiding! Remember, taking care of yourself requires just as much energy and enthusiasm as it does to take care of others in your life.

## The road to better health is easy. Just add these four tips to your day to get started:

- 1. Eat more fibre rich foods:** Prunes are a source of dietary fibre. Prunes contribute to normal bowel function when 100g are eaten daily.
- 2. Keep the water flowing:** Dehydration can lead to headaches, lack of focus, fatigue, constipation and lackluster skin, so be sure your diet includes plenty of water and other fluids.
- 3. Keep moving:** Regular physical activity not only revs up your metabolism, it also helps promote digestive health by keeping you “regular.”
- 4. Take five:** Soothe away stress before it gets to you, by listening to calming music or simply phoning a friend to catch up.

### How much fibre do you need each day?

European Food Safety Authority (EFSA) suggest adequate daily intakes for dietary fibre are as follows:

**Adults: 16-29 g/day    Children (<10-12 yrs.): 10-21g/day    Adolescent: 15-30 g/day**

References: EFSA Scientific Opinion on Dietary Reference Values for carbohydrates and dietary fibre  
<http://www.efsa.europa.eu/en/search/doc/1462.pdf>

## Avocado Pea Cream with Poultry Prune Skewers

### Ingredients:

#### For the cream:

2 shallots  
1 tablespoon oil  
300 g frozen peas  
200 ml vegetable stock  
2 ripe avocados  
150 g low-fat yogurt  
2-3 tsp. wasabi paste

#### For seasoning:

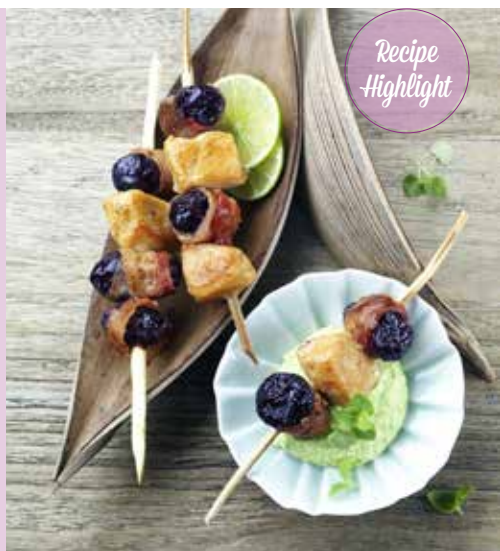
grated peel and juice of 1 organic lime  
salt

#### For the skewers:

300 g chicken breast  
salt, pepper  
50 g bacon (lean, in thin strips)  
16 **Sunsweet** prunes (approx. 160 g)  
1 tablespoon oil

#### Additionally:

wood skewers  
add lime slices and some shiso cress to your taste



### Preparation:

1. Peel shallots and dice. Heat oil in a pot and sauté shallots. Add peas and stock. Boil with lid on for approx. 15 minutes until soft. Halve avocados, remove stones and scoop flesh from the skin. Puree avocado, yoghurt and wasabi. Puree the peas in the pot. Fold in the avocado cream and briefly heat while stirring. Season to taste with lime peel, juice and salt.
2. Wash chicken breasts and dab dry. Cut meat into bite-sized pieces. Season with salt and pepper. Halve bacon along diagonally. Wrap every prune with one strip of bacon. Place chicken pieces and dried prunes on wetted wood skewers (alternate chicken and prunes). Heat oil in a coated pan. Fry the skewers from all sides for approx. 8-10 minutes.
3. Serve the avocado cream alongside the poultry and prune skewers. Garnish with lime slices and cress.



Nutritional Info per Portion	
Energy:	470 kcal/2022 kJ
Protein:	27.6 g
Fat:	25.9 g
Carbohydrates:	35 g

## Step 3

### BE SMART BETWEEN MEALS

*If snacking in between meals is part of your busy lifestyle, it's good to know that dietitians today will give you their good nutrition stamp of approval. That is, of course, if the foods and beverages you pick are healthy choices.*



## To Snack Is Human; To Enjoy Healthy Snacks Divine!

### Five ways to master the art of healthy snacking

- 1 Plan mini meals:** Think of a snack as a mini meal and an opportunity to add servings of healthy foods to your day. For instance, three or four wholewheat crackers topped with low fat cheddar cheese and sliced apple provide needed nutrients from the grain, dairy and fruit groups.
- 2 Make it convenient:** Plan to have healthy grab-and-go options close at hand. Dried fruit can be stashed in your desk drawer, bag or car so that you can easily enjoy something sweet while adding fibre and key nutrients to your diet.
- 3 Enjoy what you crave:** If your snack tooth craves something sweet, reach for fruit instead of sweets. Choose low fat or non fat yogurts instead of ice cream.
- 4 Keep size in mind:** Portion control is just as important as food choices when planning snacks. Remember, this is just a few bites to tide you over until mealtime.
- 5 Think about drinks:** Water is recommended for hydration, aim for at least 2 litres per day, but you can also drink vegetable juices which are useful liquid sources of vitamins, minerals and other nutrients.

Reference: "Five Ways to Master the Art of Healthy Snacking," by Carolyn O'Neil, MS, RD





## Take control of what you eat.

Weight loss starts with shopping. Taking control of what you eat begins with taking control of what you buy. These are the basic packaged, canned and frozen ingredients that you'll reach for to create tasty, healthful, low calorie meals anytime.

**Fruits and vegetables:** All fruits and vegetables raw, cooked, fresh, dried, frozen and canned belong on the list. Avoid any packaged fruits that have added sugar or salt.

**Soups:** They can serve as a snack, a part of a meal or a cooking ingredient, however keep an eye on the fat and salt content. Possibly try making your own!

**Sauces, condiments and marinades:** Put these items at the very top of your shopping list. They're invaluable for adding flavour, moisture, texture and versatility to every meal.

**Mayonnaise:** Fat free or light.

**Sour cream & yogurt:** Fat free, plain or low fat non dairy substitutes.

**Mustards:** Dijon, whole grain and others.

**Tomato:** Tomato puree, tomato paste and tomato sauce.

**Juice:** Tomato juice and lemon or lime juice.

**Cooking sprays:** Butter, olive oil or garlic.

**Vinegars:** Balsamic, cider, wine, tarragon and others.

**Horseradish:** Red and white.

**Sauces:** Salsa, tamari, soy, Worcestershire, barbecue, ketchup, chutney, relish and others.

**Onion:** Fresh, juice, flakes and powder.

**Garlic:** Fresh, juice, flakes and powder.

**Extracts:** Vanilla, almond, peppermint, maple, coconut, cocoa powder and others.

**Dressings and dips:** Low fat, reduced fat and low calorie.

**Frozen desserts:** Any fat free frozen yogurt, frozen non dairy substitute or sorbet is a fine addition to the freezer. Try the lower calorie choices.

**Beverages:** Unsweetened black coffees and teas, diet teas and juices and non caloric flavoured waters.

**Hot cocoa mixes:** 20 to 50 calories per serving; avoid cocoa mixes with 60 or more calories per serving.

**Lean protein:** Chicken, turkey, fish, eggs, beans and lentils are all low saturated fat protein options.

**Milkshakes:** Fat free milk or yogurt milkshakes made with real fruit saves a great deal of fat and added sugar.

**Here are some suggestions for when you're ordering in or dining out.**

**Take away:** Whether it's Indian or Chinese you fancy, avoid creamy, thick sauces, choosing yogurt or tomato options, or even sauceless instead. Also opt for dishes with plenty of vegetables and low fat meat to keep the energy density down.

**Eating out:** Avoid fried foods, high fat dressings and condiments on healthy options. A ceaser salad with too much dressing can have more calories than a burger and chips!

## Step 4

### STAY HEALTHY ON THE ROAD

*Travelling seems to get everyone out of sync whether it's for business or pleasure. Not only do you encounter long queues at security and jet lag but unfortunately many travellers also report some type of digestive discomfort. These problems are often magnified by disruptive sleep patterns, changing time zones, unhealthy food or new foods (especially lack of fibre), dehydration and stress.*



## How to keep balanced and energised away from home

Fortunately, Leslie Bonci, MPH, RD, offers easy solutions for taking control of your digestive health, maintaining energy levels and improving your overall health and well-being.

### **Make smart eating choices when you're away.**

- In a restaurant, ask the waiter questions about the menu to help you make smart food choices
- For a long stay, find a local store to stock up on some favourite foods.
- When traveling to a non-English speaking country, search the internet in order to translate a list of your food preferences and intolerances prior to your departure.

### **Keep exercise in your day even if your routine changes. Reduce stress and digestive problems with lifestyle and stress management strategies.**

- Pick a hotel that caters to your well being. Today, many have gyms, saunas and/or pools.
- Bring a DVD / App with Yoga, Pilates or stretching exercises such as T'ai Chi to use in your room.
- It's not stress itself, but how you handle it. Find ways to unwind that work for you like visualisation or quiet time for yourself.

Reference: "How to Keep Balanced and Energized Away from Home, Good Gut Travel" di Leslie Bonci, MPH, RD 2003, John Wiley & Sons, Inc.

## Create your own good gut travel kit

This will pass any security checkpoint — it's a handy collection of natural remedies for an on-the-go lifestyle. This gut travel kit tackles common digestive health problems.

You can take it on the plane, in your gym bag or car. It includes:

**Sunsweet® prunes:** Help contribute to normal bowel function when 100g are eaten daily; provide a variety of important vitamins and minerals, including high in potassium, and a source of vitamin B6, copper and manganese.

**Teabags:** Take your favourite teabags or try a herbal option such as chamomile or mint.

**Crystallised ginger or ginger capsules**

**Ground flax seeds**

**Water sterilisation tablets**

**Water and salts replacement sachets**

Reference: "How to Keep Balanced and Energized Away from Home, Good Gut Travel"  
di Leslie Bonci, MPH, RD 2003, John Wiley & Sons, Inc.

## Spinach Salad with Mozzarella and Prunes

### Ingredients:

1 orange	salt, pepper
1-2 tablespoon of grated horseradish	200 g <b>Sunsweet</b> prunes
1 tablespoon of red wine vinegar	150 g small mozzarella balls
2 tablespoons of maple syrup	200 g fine, young spinach leaves
2 tablespoons of olive oil	1 red onion
	20 g walnut kernels

### Preparation:

1. Wash the orange and remove half of the peel with a zester in thin strips. Press out juice. Mix orange juice and zest with horseradish, vinegar, maple syrup and olive oil in a large bowl. Season to taste with salt and pepper. Add prunes and rinsed mozzarella balls. Cover and let marinate for approx. 30 minutes.
2. Wash and clean spinach leaves thoroughly with cold water. Let spinach leaves drain well. Peel onion and cut in fine rings. Chop walnut kernels.
3. Fold spinach leaves and onion rings gently in with the marinated prunes. Prepare on dishes and sprinkle with chopped walnuts.



*Tip: Use fine mixed-leaf salad instead of spinach leaves.*

40 min.



#### Nutritional Info per Portion

Energy: 331 kcal/1455 kJ
Protein: 10.8 g
Fat: 17.1 g
Carbohydrates: 34 g

## Step 5

### HELP KEEP YOUR HEART HEALTHY

*Women are often portrayed as having bigger hearts than men. While evidence for a size difference is scarce, we do know that women's hearts are just as susceptible to disease. In fact, heart disease is the number one killer of women in the United States and EU, plus it is also the leading cause of disability. Luckily, it is also one of the most preventable diseases.*



## Five steps that you can take to keep your heart healthy

- 1 Know your numbers:** Get your blood cholesterol and triglyceride levels checked yearly. High levels of low density lipoproteins (LDL) often referred to as “bad cholesterol” can cause plaques to build up in your arteries and keep your heart from getting the blood it needs, which can cause a heart attack. Triglycerides are a form of fat in your blood stream and are also linked to heart disease.
- 2 Don't buckle under pressure:** High blood pressure places a great deal of strain on your heart. If you have high blood pressure, simple dietary and lifestyle changes such as eating less salt, exercising more, and increasing your intake of fruits, vegetables and non fat dairy products may be all you need to bring it back down into the normal range.
- 3 Balance calorie intake and physical activity to achieve and/or maintain a healthy body weight:** The key to maintaining body weight is achieving energy balance. To control energy intake, individuals should reduce the number of calories they consume. An easy way to do this is simply to reduce portion sizes. Increasing energy expenditure through physical activity is also important for achieving energy balance.
- 4 Consume a diet rich in vegetables and fruits:** Most vegetables and fruits are full of nutrients and fibre yet low in calories and therefore have a high nutrient density. People who consume high amounts of nutrient-dense foods, particularly fruits and vegetables, enjoy a reduced risk of heart disease, stroke and

hypertension. Some nutrients in vegetables and fruits help protect the body's cells, such as copper and manganese which contribute to the protection of cells from oxidative stress.

**5** Consuming a balanced diet with an emphasis on fruits and vegetables may help decrease the risk of certain diseases, including heart disease. The World Health Organisation recommends that individuals consume at least a total 400 grams of fruits and vegetables per day, and optimally, a total 600 grams of fruits and vegetables per day.

**Don't forget the fibre:** Research shows that diets high in fibre are associated with a decreased risk of heart disease. Soluble fibres are found in beans, oats, and many fruits (including prunes), while insoluble fibres are found in wheat, seeds, and many vegetables. There are many benefits to consuming fibre, as well as a variety of fruit and vegetables. Recent research suggests there is a relationship with increased fruit and vegetable intake and decreased risk of certain diseases including cardiovascular disease and cancer. The benefits were seen in those consuming 7+ portions daily.

Source: Allison Beadle, MS, RD, LD

Reference: Oyeboade et al 2014 Fruit and vegetable consumption and all-cause, cancer and CVD mortality: analysis of Health Survey for England data. Epidemiol Community Health. 1-7

## Oxidative stress

### Oxygen Radical Absorbance Capacity (ORAC) of selected foods

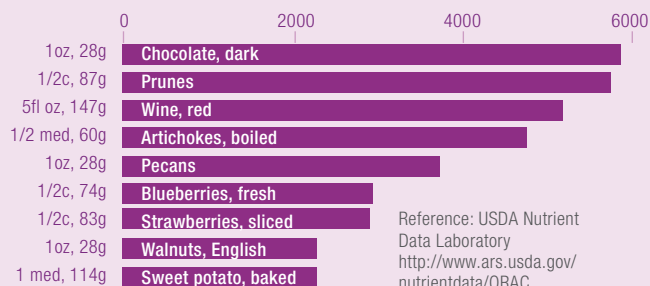
The development of many chronic and degenerative diseases such as cancer, heart disease, and neuronal degeneration such as Alzheimer's and Parkinson's disease has been theorised to be caused, in part, by oxidative stress. Oxidative stress has also been implicated in the process of ageing. It is known that reactive oxygen species can damage biological molecules such as proteins, lipids and DNA.

Diets rich in fruits, nuts and vegetables have long been considered to be an excellent source of vitamins and minerals. A number of minerals and vitamins have a role in oxidation in addition to their other biological functions. These include vitamin C (ascorbic acid), vitamin E and its isomers (tocopherols and tocotrienols), vitamin B2 (riboflavin), copper, manganese, zinc and selenium.

Aim to consume foods that are a source of these nutrients because they act as antioxidants and protect cells from oxidative stress. Look out for foods that indicate on the labeling they are a source of these nutrients such as **Sunsweet** prunes which are a source of copper and manganese.

The USDA recently rated the antioxidant capacity of 100's of foods. Here are the top scorers:

#### Estimate of antioxidant capacity for selected foods



Reference: USDA Nutrient Data Laboratory  
<http://www.ars.usda.gov/nutrientdata/ORAC>

The table shows the results of research measuring the level of antioxidants in a range of selected foods. Research into understanding the exact meaning for our health is still underway and this is one of many different tests to measure relative levels in foods, however there are no associated health claims at this point. Levels and form of antioxidants change when consumed, digested and utilised by the body, so significance for health is not easy to rank.



## Step 6

### HELP KEEP YOUR BONES HEALTHY

*Osteoporosis has been talked about at length since the early 1980's when studies found it to be a public health issue. It is estimated that over 27 million people in the European Union are affected by this condition.*



## Food and Our Bones

Nutrition is closely related to bone, muscle and joint health. A healthy diet can help you prevent and manage osteoporosis and related musculoskeletal disorders by assisting in the production and maintenance of bone. Conversely, if you're not getting the right nutrients you're putting yourself at greater risk for bone, muscle and joint disease.

Two of the most important nutrients are calcium and vitamin D. Calcium is a major building-block of bone tissue (the skeleton houses 99% of the body's calcium stores). Vitamin D is key as it assists your body to absorb calcium – the two go hand in hand.

The recommended daily allowance of calcium, in Europe is 800mg for an adult. That's just over three 200ml glasses of milk a day. A comprehensive list of the calcium content of many foods can be found at [The International Osteoporosis Foundation](http://www.iofbonehealth.org/data-publications/regional-audits/osteoporosis-european-union-medical-management-epidemiology-and)

Besides calcium and vitamin D, there are a number of foods, nutrients and vitamins that contribute to bone, muscle and joint health; including protein, fruits and vegetables, and other vitamins and minerals.

Specifically, some of the nutrients include, potassium, manganese, copper, phosphorus, magnesium and vitamins K and B6.

Prunes are high in vitamin K and potassium and a source of manganese, copper and vitamin B6. Interesting research is currently underway that is exploring the potential role of prunes in bone health.

To learn more about prunes and bone health visit:

<http://www.sunsweet.co.uk/prunes-and-bone-health>

To learn more about osteoporosis visit: [www.iofbonehealth.org](http://www.iofbonehealth.org)

Sources:

<http://www.iofbonehealth.org/data-publications/regional-audits/osteoporosis-european-union-medical-management-epidemiology-and>  
<http://ec.europa.eu/nuhclaims>

## Dietary approach to good bone health

- Leafy greens including parsley, roots and cruciferous vegetables like cauliflower and cabbage.
- Stocks made with vegetables and/or with fish, chicken or beef bones.
- Sunflower, pumpkin seeds and nuts for minerals and natural fats.
- Modest amounts of whole grains for fibre and complex carbohydrates.
- Beans, lean meat and low fat dairy for protein.
- Extra virgin olive oil, flaxseed and unrefined sesame oils for essential fatty acids.
- Prunes and prune juice:
  - » Prunes are high in vitamin K, which helps with normal blood clotting and may support the maintenance of normal bones.
  - » Prunes are a source of manganese, which supports the maintenance of normal bones and plays a role in protecting cells within the body from oxidative damage;
  - » Prunes are high in and prune juice is a source of potassium, which helps your muscles work normally;
  - » Prunes are a source of vitamin B6, which helps make healthy blood cells and maintains normal hormone levels;
  - » Prunes are a source of copper, which helps support normal iron transportation around the body and plays a role in protecting cells within the body from oxidative damage.

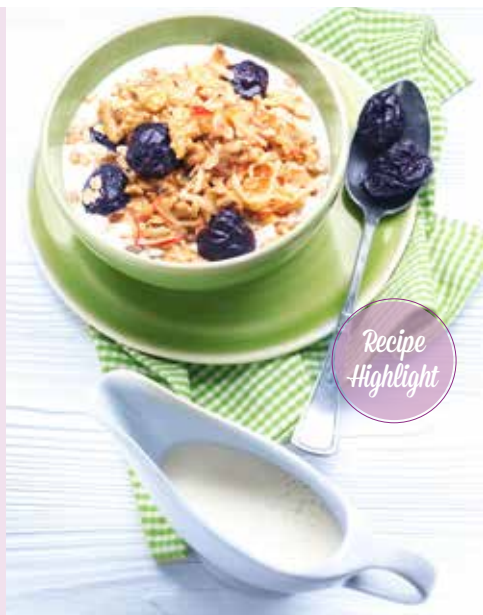
### Crunchy Prune Muesli

#### Ingredients:

3 tbsp maple syrup  
3 tbsp orange juice (freshly squeezed)  
40 g walnuts  
120 g whole grain oats  
30 g sunflower seeds  
2 tart apples  
Few drops of lemon juice  
120 g **Sunsweet** prunes  
500 ml low fat milk

#### Preparation:

1. Stir maple syrup and orange juice in a bowl. Chop up walnuts and mix it well together with the oatmeal and sunflower seeds in a bowl. Spread it on the parchment paper placed on the baking sheet. Bake in a pre-heated oven at 160°C (Gas: 1-2, Convection: 140°C) for about 20 minutes and let it roast, stirring the mixture 2-3 times. After baking, let it to cool.
2. Wash the apples, cut into quarters, remove the seeds, and grate. Mix the apples with lemon juice. Add apples and prunes into the cooled muesli mix when distributing it to the serving bowls. Pour milk just before serving.



#### Nutritional Info per Portion

Energy: 427 kcal/1785 kJ  
Protein: 13.9 g  
Fat: 15.4 g  
Carbohydrates: 53 g

## Step 7

### STAY WELL RESTED

*Sleep is a critical key to good health and well being. Researchers say burning the candle at both ends is playing with fire. Chronic sleep deprivation has been linked to physical and emotional crisis like heart disease, hypertension, stroke, diabetes, obesity and feeling cranky.*

*So if getting eight hours of shut-eye seems like a dream, follow these tips to help you achieve renewing sleep and the benefits it provides.*

## If You Don't Snooze, You Lose

**Eat right, sleep tight:** Start your day with a hearty breakfast, don't skip lunch, and enjoy a light, satisfying dinner at least 2-3 hours before you turn in.

**Move it for zzzzs:** Regular exercise promotes sleep. Active exercise during the day will help you get a good night's rest. Just don't engage in very active aerobic exercise right before bedtime.

**Scale back screen time:** Watching TV or using your computer right before bedtime could hinder relaxing and falling asleep. Read a calming, undemanding book for a few minutes to relax and tire your eyes, helping you set aside things that are worrying you.

**Cut the nightcap:** Whether it's diet cola or a glass of wine, both caffeine and alcohol disturb sleeping the night through. If you want to sip something, make it a cup of hot herbal (no caffeine) tea or enjoy hot milk with a touch of vanilla and nutmeg.

**Restful routine:** Create a relaxing routine that helps your psyche get ready for rest. Read a poem, stretch in your jammies or listen to soothing music.

**Create comfort:** Beautiful bedtime requires a dark, quiet, comfortable and cool environment. Clean, soft sheets, a comfortably cool room temperature and light-blocking shades will make your bedroom inviting for good rest. If you're prone to staring at the clock, move it so you can't see its face.

Source: Robin Kline, MS, RD, CCP

## Sleep like a baby

Babies have bedtimes and so should you. Adopt a regular bedtime that fits your schedule and stick to it throughout the week. Sleep researchers suggest that keeping a routine bedtime most of the time will help you get a good night's rest.



## Apple and Nutmeg Smoothie

### Ingredients:

- 1 apple, peeled, cored and chopped
- 100 ml apple juice
- 100ml **Sunsweet** prune juice
- 1/4 tsp. freshly grated nutmeg



### Preparation:

1. Add the apple to the prune juice, apple juice and nutmeg.
2. Blend until smooth.
3. Pour into a tall glass and sprinkle a little nutmeg on top for garnish.

*Tip: Adding cinnamon or cardamom is nice change in place of the nutmeg.*



*Recipe Highlight*

## Step 8

### KEEP STRESS LEVEL DOWN

*Easy to say and hum along to, but harder to deploy. Stress is a fact of life, so learn to manage it. Take control of your emotional well being day to day and throughout the year with these proven tips.*

## Don't worry, be happy

**Make friends by being one:** A healthy social network of friends, family and coworkers is essential for emotional health. Nurture relationships to ensure your safety network is there for you in good times and bad.

**Brake with a break:** Push back from your desk every hour for just 2-3 minutes and give yourself a hand massage with a scented hand lotion. Take yourself offline for 20 minutes, close your eyes as you listen to music, sip hot tea or walk outside.

**Raise your heart rate:** There are myriad reasons for regular exercise: It's good for the heart, manages stress and brightens your outlook. Choose activities you enjoy like jogging, dancing, roller skating or gardening.

**Put it into perspective:** "Is this (insert stressor) worth stewing about? Will I be worried about this in a week?" If you are dealing with serious concerns, map out a plan to deal with them with help from your network. Let little things go with a laugh.

**Hum a few bars:** Sing, tap your foot, make some music or just hum along. Music is a mood lifter.

**Inspiration invokes calm:** Consciously breathe deeply when tension mounts. Filling your lungs both wakes you up and calms you down. Whether you practice a meditation technique or simply learn some deep-breathing exercises, remember to breathe mindfully.



**Do unto others:** Cultivate a habit of kindness. Amazingly, there’s nothing that makes us feel better than doing something for someone else.

**Groove on gratitude:** Counting blessings such as watching a beautiful sunrise, hearing your favourite song or putting on a warm pair of boots can brighten your perspective. Didn’t catch that elevator? Smile, laugh it off and take the next one, or better yet, take the stairs.

**Holiday with a view to renew:** Many of us return from holiday more stressed than when we left. Stop the madness of cramming two weeks of sightseeing into seven days of vacation time. Spend a week going somewhere where you have nothing planned. Walk the beach, gaze at the stars, linger over breakfast or read by the pool.

Source: Robin Kline, MS, RD, CCP



**Good-mood foods**

There’s no such thing as a chill pill, but these foods contain nutrients that help soothe stressed-out nerves. Talk to your doctor about proper dosages if you take supplements; it is possible to get too much of a good thing.

Stress fighters	Helpful nutrient	Why it helps
Avocados, baked potatoes (with skin), liver, bananas, yellow fin tuna, prunes, beef, chicken	Vitamin B6	Vitamin B6 contributes to: the reduction of tiredness and fatigue; the regulation of hormonal activity; normal functioning of the nervous system; psychological function, and supports the normal release of energy from foods.
Milk, live yogurt, salmon, sardines	Vitamin B12	Vitamin B12 contributes to: normal functioning of the nervous system; normal psychological function; the reduction of tiredness and fatigue, and; supports the normal release of energy from foods. Along with other B-vitamins, B12 contributes to normal red blood cell formation.
Asparagus, chickpeas, lentils, oatmeal, orange juice	Folate (folic acid)	Folate (folic acid) contributes to normal psychological function and the reduction of tiredness and fatigue.
Almonds, amaranth, spinach, sunflower seeds, tofu, cooked wild rice	Magnesium	Magnesium contributes to: a reduction of tiredness and fatigue; electrolyte balance; supports the normal release of energy from foods; normal functioning of the nervous system, and normal psychological function.
Broccoli, Brussels sprouts, orange juice, red and green peppers, strawberries	Vitamin C	Vitamin C contributes to: normal functioning of the nervous system; normal psychological function; the reduction of tiredness and fatigue, and supports the normal release of energy from foods. Vitamin C contributes to the normal function of the immune system and protection of cells from oxidative stress.

Source: "Good-Mood Foods," by Alisa Blackwood. Body & Soul, Sept. 2007, Body & Soul Omnimedia, Inc.  
Reference: USDA National Nutrient Database for Standard Reference <http://ndb.nal.usda.gov/>;  
EU Register on nutrition and health claims <http://ec.europa.eu/nuhclaims>

## Step 9

### KEEP YOUR BRAIN ACTIVE

*The brain has a lot of responsibility as the control center for our entire body, so it makes sense that we give it some special attention. Fortunately, what's good for the brain is good for the entire body. Here are a few tips to get you started.*



## Food For Thought

### You And Your Brain Are What You Eat

**Fuel up:** Eating meals and snacks throughout the day is one of the simplest steps to make sure your brain stays on top of things. Carbohydrates contribute to the maintenance of normal brain function. The brain needs a continuous supply of glucose because it is the preferred energy source. When planning meals and snacks, stick to whole foods such as lean meats, beans, vegetables, fruits, whole grains and low fat dairy. They're full of nutrients and will keep your brain energised!

**Fruit and "veg out":** Fruits and vegetables are loaded with vitamins and minerals. Most adults need a minimum of 400g of fruits and vegetables per day. And remember: Fresh, frozen, canned, dried or 100% juice (fruit or vegetable) — all fruits and veggies count.

**One, two, omega three:** You've heard it before — we just don't eat enough omega 3 fats. EPA and DHA, the type of omega 3's found in fatty fish (such as wild salmon, sardines and trout) contribute to the normal function of the heart<sup>1</sup> and normal brain function<sup>2</sup>.

<sup>1</sup> The beneficial effect is obtained with a daily intake of 250mg of EPA & DHA

<sup>2</sup> The beneficial effect is obtained with a daily intake of 250mg of DHA

**Brain booster:** In addition to the foods you eat, things you DO can boost your brain too.

**Move it:** Regular exercise can give your brain a workout. By improving blood flow through the brain, exercise ensures that oxygen and nutrients are delivered to brain cells. Research indicates that regular exercise can help improve concentration, decrease stress, help manage anxiety and depression, and possibly decrease the risk of Alzheimer's disease.

**Game on:** Keeping an active mind is one of the best ways to boost brain function throughout your life. Research indicates that you can avoid age-related cognitive decline by continuing to work, reading challenging books or playing games.

**Good night:** One of the best gifts you can give your brain is a good night's rest. Researchers have found that adequate sleep improves memory, learning, and attention span for children and adults.

Source: Allison Beadle, MS, RD, LD  
Reference: FAO/WHO 2004

## *Pan-fried Salmon with Lemon Couscous*

### **Ingredients:**

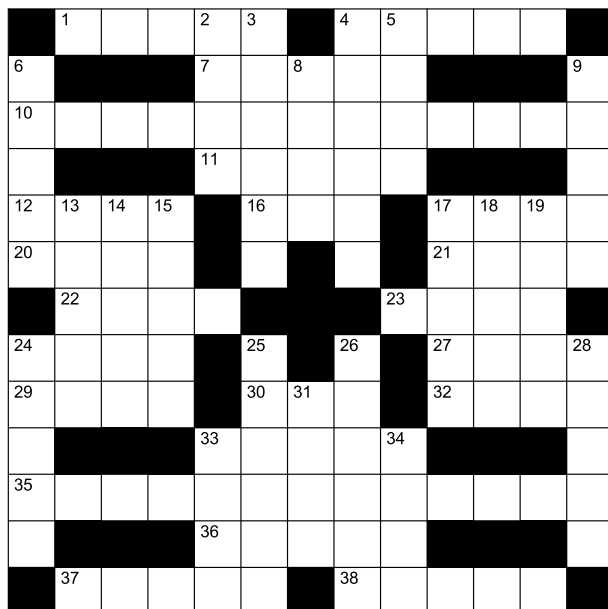
1 red pepper  
1 green pepper  
250g couscous  
300ml boiling water  
2 tablespoons olive oil  
1 red onion, chopped  
1 clove garlic, chopped  
grated rind and juice of 1 lemon  
6 **Sunsweet** Prunes, chopped  
small knob of butter 4 salmon fillets



### **Preparation:**

1. Heat the grill. Cut each of the peppers in half and arrange skin side up on a grill pan. Cook under the grill for about 10 minutes, turning from time to time until the skin on the peppers has blackened. Remove from the grill and wrap in cling film, leave to cool. Peel the skin from peppers and discard then dice the pepper flesh.
2. Measure the couscous into a bowl, pour in the boiling water and stir then leave to stand for 5 minutes. Fork through to separate the grains.
3. Meanwhile heat 1 tablespoon of the oil in a pan, add the onion and garlic until golden and softened. Stir in the lemon rind and juice, prunes, chopped peppers, couscous and seasoning. Mix together and turn into a warm serving dish.
4. Heat the butter and remaining oil in a frying pan, season the salmon fillets and gently fry until just cooked through, turn once during cooking.
5. Serve the salmon with the couscous and a freshly dressed green salad.

# TRY THESE CROSSWORD PUZZLES



## ACROSS:

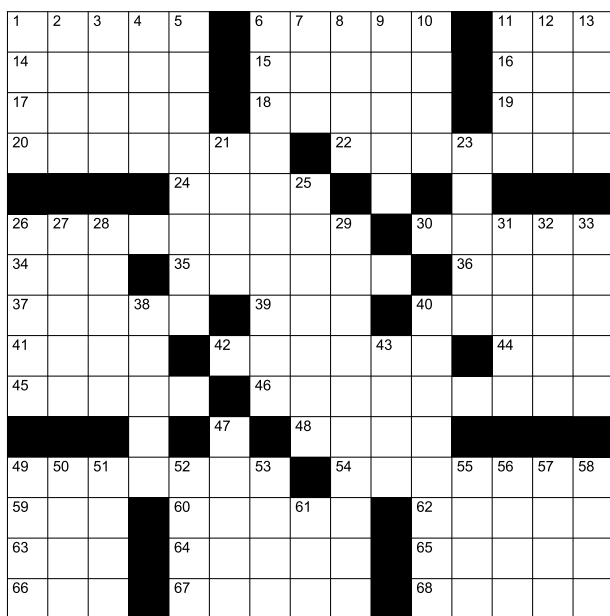
1. Doughnut-shaped roll
4. Behind
7. Large deer
10. The act of gesticulating
11. Tied
12. Not difficult
16. Definite article
17. Antiaircraft fire
20. Structure for storing grain
21. Loch
22. Thousand
23. Walk in water
24. Narrow strip of land
27. Evils
29. Writing fluids
30. Before
32. Quantity of paper
33. Small birds
35. Vertical
36. Tenor violin
37. SE Asian country
38. Grew less

## DOWN:

2. Male given name
3. Situate
4. Dormant state
5. Glass ornament
6. Leers
8. Exclamation of pain
9. Reptile
13. South Carolina city
14. Suave
15. Egg centers
17. Natural talent
18. Scoop
19. Pack leader
24. Chilly
25. Rupture
26. Demented
28. Stylish
31. Repeat
33. We have
34. Strike breaker

Source: © 2008 Crosswordsite.com Ltd.

Solutions on next page



### ACROSS:

1. Slip
6. Higher
11. Federal Communication Commission
14. Adherent of Hinduism
15. Daughter of one's brother or sister
16. Retirement plan (USA)
17. Communion table
18. Staggers
19. Slow run
20. Jesus Christ
22. Trellis
24. Fruit
26. Having red hair
30. Middle
34. Metal-bearing mineral
35. Semitic language
36. Female given name
37. Living in a city
39. Partially opened flower
40. Standard of perfection
41. Spurt of blood
42. Small in amount
44. Coming before (prefix)
45. Fungal disease of cereals
46. Midmorning break

48. Small drink of liquor
49. Carves
54. Hanging ice
59. Used to be
60. Fat insoluble in water
62. Former central African republic
63. Hail
64. Texas mission
65. Like an elf
66. Affirmative reply
67. Characteristic rhythm
68. Perfume

### DOWN:

1. Sovereign
2. Air mattress
3. International (Abbrev)
4. June 6, 1944
5. Inhabitant of Europe
6. Illegible
7. Filled pastry crust
8. Rind
9. Showy actions
10. Repose
11. S Pacific archipelago
12. Crocodile
13. Prison

21. Close
23. Next after the second
25. Reconstruct
26. Red cosmetic
27. Mistake
28. Eliminate computer malfunction
29. Aboriginal instrument
31. Oceanic trenches
32. Trap
33. Stories
38. Coral island
40. Enumerates
43. Heating, ventilating, and air conditioning
47. Steps for scaling
49. Swing to and fro
50. Hollow in the earth
51. Employs
52. Plot of ground
53. Tinned luncheon meat
55. Calculation
56. Animate existence
57. Ireland
58. Transmitted
61. Mischievous child



# SOLUTIONS TO CROSSWORD PUZZLES

	1	B	A	G	2	E	3	L		4	A	5	B	A	F	T				
6	O				7	M	O	8	O	S	E					9	S			
10	G	E	S	T		I	C	U	L	A	T	I	O	N						
	L				11	L	A	C	E	D							A			
12	E	13	A	14	S	15	Y		16	T	H	E		17	F	18	L	19	A	K
20	S	I	L	O		E		P				21	L	A	K	E				
		22	K	I	L	O						23	W	A	D	E				
24	N	E	C	K			25	H		26	S		27	I	L	L	28	S		
29	I	N	K	S			30	E	31	R	E			32	R	E	A	M		
	P					33	W	R	E	N	34	S							A	
35	P	E	R	P	E	N	D	I	C	U	L	A	R							
	Y					36	V	I	O	L	A								T	
		37	K	O	R	E	A			38	E	B	B	E	D					

1	S	2	L	3	I	4	D	5	E		6	U	7	P	8	P	9	E	10	R		11	F	12	C	13	C
14	H	I	N	D	U					15	N	I	E	C	E				16	I	R	A					
17	A	L	T	A	R					18	R	E	E	L	S				19	J	O	G					
20	H	O	L	Y	O	21	N	E		22	L	A	T	23	T	I	C	E									
						24	P	E	A	25	R		T		H												
26	R	27	E	28	D	H	E	A	D	E	29	D		30	M	I	31	D	32	S	33	T					
34	O	R	E			35	A	R	A	B	I	C		36	R	E	N	A									
37	U	R	B	38	A	N			39	B	U	D		40	I	D	E	A	L								
41	G	O	U	T			42	S	L	I	G	43	H	T		44	P	R	E								
45	E	R	G	O	T			46	E	L	E	V	E	N	S	E	S										
						L		47	S		48	D	R	A	M												
49	S	50	C	51	U	L	52	P	T	53	S		54	I	C	55	I	C	56	L	57	E	58	S			
59	W	A	S				60	L	I	P	I	D			62	Z	A	I	R	E							
63	A	V	E				64	A	L	A	M	O			65	E	L	F	I	N							
66	Y	E	S				67	T	E	M	P	O			68	S	C	E	N	T							

# TRY THESE SUDOKU PUZZLES

## Rules for puzzle

Fill in the game board so that the numbers 1 through 9 occur exactly once in each row, column, and 3x3 box. The numbers can appear in any order and diagonals are not considered. Your initial game board will consist of several numbers that are already placed. Those numbers cannot be changed. Your goal is to fill in the empty squares following the simple rule above.

5				6				1
	9	6		8	1	3		2
1	8		5	9		7		
		4				2		
		8	3		2	6		
		5				1		
		9		3	5		2	6
8		1	9	4		5	3	
6				2				9

8	7				1	6		
		9	2		6			
3		6		4				
1			4	6			9	
		5				2		
	4			5	3			6
				7		9		3
			3		5	8		
		3	8				2	4

## Step 10

### LOOK YOUR BEST

*Four tactics for  
cultivating beautiful  
skin, hair and nails*



## Nourish Your Looks

- 1 Choose your beverage carefully:** Drink water and herbal tea throughout the day, aiming for at least 2 litres per day. Water contributes to the maintenance of normal physical and cognitive functions as well as normal regulation of the body's temperature.
- 2 Eat colourful fruits and vegetables:** There are a variety of nutrients found in colourful fruit and vegetables which provide diverse benefits. **Zinc** contributes to the maintenance of normal hair and nails. Beef, sesame seeds, cashew nuts and turkey are all high in zinc. **Selenium** contributes to the maintenance of normal hair and nails. Tuna, salmon, lamb, brazil nuts and eggs are all high in selenium. **Copper** contributes to normal hair and skin pigmentation. Mushrooms, peanuts and sweet potato are high in copper, prunes and spinach are all high in copper. **Vitamin C** contributes to normal collagen formation for the normal function of skin. Papaya, pineapple, kiwifruit, cauliflower, tomatoes and kale are all high in vitamin C.
- 3 Ditch the bad fats, but embrace the good fats:** Consume omega 3 fatty acids found in salmon, sardines and omega 3 fortified eggs.

- 4 Get enough protein for power and beauty:** Protein contributes to a growth in muscle mass. Include protein with all meals and snacks: Peanut butter on whole wheat toast, a quick delicious smoothie, broiled chicken for lunch or a whole grain pita stuffed with tuna and veggies.

Reference: "Nutrition & Beauty – Nourish Your Looks," by Lynn Grieger, RD, CDE, CPT, Today's Diet & Nutrition, May/June 2007, Great Valley Publishing Company, Inc.

## Crunchy Red Cabbage and Prune Salad

### Ingredients:

350g red cabbage  
Salt, black pepper  
2 stalks celery  
1 carrot  
2 shallots  
100g **Sunsweet** prunes  
2 tbsp. white wine vinegar  
1 tsp. mustard  
sugar  
3 tbsp. oil  
50g cashews  
100g feta cheese

2 hrs  
35 min.



Nutritional Info per Portion	
Energy:	308 kcal/1290 kJ
Protein:	9 g
Fat:	18 g
Carbohydrates:	27 g



Recipe  
Highlight

### Preparation:

1. Wash the red cabbage, cut in big pieces and remove stem. Finely cut cabbage in stripes or shred. Sprinkle 1 tbsp. salt on top and knead by hand. Peel and shred carrot, add to cabbage. Wash celery and shallots and cut in small slices. Quarter the prunes. Add celery, shallots and prunes to the cabbage.
2. Mix vinegar, mustard, 1 heaped tsp. sugar, a pinch of salt, pepper and oil. Spread over the red cabbage. Mix thoroughly. Allow the salad to marinate in the fridge for at least two hours.
3. Just before serving, roast cashews in a pan grease-free. Remove and allow to cool off. Cut feta in small cubes. Season salad with salt, pepper and sugar. Add cashews and feta to the salad and mix carefully.

## Essential vitamins & minerals

**Vitamin A:** Contributes to the maintenance of normal skin.

**Vitamin C:** Contributes to normal collagen formation for the normal function of skin.

**B-vitamins:** Contributes to the maintenance of normal skin.

**Zinc:** Contributes to the maintenance of normal skin, hair and nails.

**Vitamin D:** Contributes to normal function of the immune system, maintenance of normal muscle function and has a role in the process of cell division.

**Iron:** Contributes to normal oxygen transport in the body, normal function of the immune system and the reduction of tiredness and fatigue.



# NUTRITION LOG

Use these pages to create a log of your daily food intake. Copy the pages and use them to write down what you eat each day. This will help you make smart, healthy choices for mealtime and snacking.

**Week:** .....

**Date: (Week of)** .....

**Goal(s) for this week:** .....

## MONDAY

Breakfast	.....
Lunch	.....
Dinner	.....
Snacks	.....

## TUESDAY

Breakfast	.....
Lunch	.....
Dinner	.....
Snacks	.....

## WEDNESDAY

Breakfast	.....
Lunch	.....
Dinner	.....
Snacks	.....





**THURSDAY**

**Breakfast**

.....

**Lunch**

.....

**Dinner**

.....

**Snacks**

.....

**FRIDAY**

**Breakfast**

.....

**Lunch**

.....

**Dinner**

.....

**Snacks**

.....

**SATURDAY**

**Breakfast**

.....

**Lunch**

.....

**Dinner**

.....

**Snacks**

.....

**SUNDAY**

**Breakfast**

.....

**Lunch**

.....

**Dinner**

.....

**Snacks**

.....

# NUTRITIONAL INFORMATION

## Prune Nutritional Information

Nutrition (typical values per)	100g	40g	
Energy	968kj / 229kcal	387kj / 92kcal	
Fat	0g	0g	
of which saturates	0g	0g	
Carbohydrate	57g	23g	
of which sugars	38g	15g	
of which polyols	15g	6g	
Fibre	7.1g	2.8g	
Protein	2.2g	0.9g	
Salt	0g	0g	
Vitamins & Minerals (typical values per)	100g	40g	% RI* per 100g
Vitamin K	60µg	24µg	79%
Vitamin B6	0.21mg	0.082mg	15%
Potassium	732mg	293mg	37%
Copper	0.28mg	0.11mg	28%
Manganese	0.30mg	0.12mg	15%

RI\* = Reference Intake.



# Prune Juice Nutritional Information

Nutrition (typical values per 100ml)	
Energy	267kj / 63kcal
Fat	0g
of which saturates	0g
Carbohydrate	16g
of which sugars	10g
of which polyols	4.7g
Fibre	1.5g
Protein	0.7g
Salt	0g
Potassium	250mg (12.5% RI* per 100ml)

RI\* = Reference Intake.



# IMPORTANT NUTRIENT INFORMATION

**Calcium:** One of the most abundant minerals in the human body. It is needed for the maintenance of normal bones and teeth, normal muscle function and supports the normal release of energy from foods.

**Copper:** Is a component of many enzymes in the body, it contributes to normal functioning of the nervous system, maintenance of normal connective tissue and normal function of the immune system.

**Iron:** Has many biological functions, including contributing to normal formation of red blood cells and haemoglobin, normal oxygen transport in the body and normal cognitive function.

**Fibre:** Dietary fibre is an important part of a balanced diet and healthy lifestyle. Prunes contribute to normal bowel function when 100g are consumed daily. Other foods also aid digestive function, for instance wheat bran fibre contributes to an acceleration of intestinal transit, barley grain fibre contributes to an increase in faecal bulk and oat grain fibre contributes to an increase in faecal bulk.

**Magnesium:** An integral part of our bones and teeth which plays a role in hundreds of enzymes in the body. Magnesium contributes to normal functioning of the nervous system, electrolyte balance and muscle function, as well as contributing to a reduction of tiredness and fatigue.

**Niacin:** Has many roles in the body. Niacin supports the normal release of energy from foods and contributes to the reduction of tiredness and fatigue. This mineral contributes to normal psychological function and nervous system.

**Riboflavin:** A type of B vitamin that contributes to the maintenance of normal red blood cells, normal vision and skin. Riboflavin contributes to the protection of cells from oxidative stress.

**Sodium:** A mineral that occurs naturally in food. While it is necessary to have some sodium (salt) in the diet for bodily functions, too much is associated with an increased risk of hypertension and heart disease. Reducing sodium consumption contributes to the maintenance of normal blood pressure.

**Vitamin B6:** Has a variety of functions. Vitamin B6 contributes to normal protein and glycogen metabolism, to regulation of hormonal activity and reduction of tiredness and fatigue. As well contributing to normal red blood cell formation and normal function of the immune system.

**Vitamin A:** Contributes to the maintenance of normal vision and skin. It contributes to normal iron metabolism and the normal function of the immune system.

Reference : American Dietetic Association Complete Food and Nutrition Guide, 2nd edition. 2002. John Wiley & Sons, Inc; Hoboken, New Jersey, Roberta Larson Duyff, MS, RD, CFCS, published by Chronimed Publishing, Minneapolis, MN. 1996.

# RESOURCES

**Allison Beadle, MS, RD, LD** is a nutrition communications consultant with Fleishman Hillard. Previously, Allison worked with a regional grocery chain where she was responsible for developing and executing consumer and employee nutrition outreach programmes. Prior to that, she served as a clinical dietitian in oncology for UT Southwestern Medical Center in the Dallas-Ft. Worth area. She currently resides in Austin, TX.

**Leslie Bonci, MPH, RD, LDN, CSSD** is the Director of Sports Nutrition at the University of Pittsburgh Medical Center and has worked as the Pittsburgh Steelers' team nutritionist for 14 years. She is one of the current spokespeople for the California Dried Plum Board.

**Annemarie Colbin, PhD** is an award-winning leader in the field of natural health, and a highly sought-after lecturer and wellness consultant. She founded the Natural Gourmet Institute for Health and Culinary Arts in New York City in 1977, the oldest natural foods cooking school in the country.

**Robin Kline, MS, RD, CCP** writes about healthful lifestyle topics for publications such as Cooking Light, Health and the Washington Post. A registered dietitian and certified culinary professional, she endorses a balance of good food and healthful habits for a satisfying life.

**Carolyn O'Neil, MS, RD** is a registered dietitian and award-winning food and health journalist. Her area of specialised practice is food and nutrition communications. O'Neil is the co-author with Densie Webb, PhD, RD of "The Dish on Eating Healthy and Being Fabulous!" published by Simon & Schuster Atria Books. O'Neil is currently an AOL Diet & Fitness Coach with online weight workshops.

## **American Dietetic Association:**

[www.eatright.org](http://www.eatright.org)

[www.oncologynutrition.org](http://www.oncologynutrition.org)

## **Produce For Better Health Foundation:**

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

## **Sunsweet Online Resources:**

[www.sunsweet.co.uk](http://www.sunsweet.co.uk)

[www.sunsweet.com](http://www.sunsweet.com)



