

# Just Say Yes

To Fruits & Vegetables

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

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## A LOVE LETTER TO MY HEART!



### DEAR HEART:

You are my one and only. Like all relationships, ours takes work, but I know you are always there for me. This year I will work hard to show you I love you by trying to eat balanced meals that include fruits, vegetables, whole grains, and lean proteins. I won't always be perfect. Especially when I really enjoy eating foods like French fries and cheeseburgers. But I know that eating foods high in salt and saturated fats could be harmful to you and lead to heart disease and stroke. I know when I eat fruits and vegetables in all different colors, it helps lower cholesterol and blood pressure and protects you. I will also aim to get at least 30-60 minutes of movement in each day because I know it makes you stronger and happier. And speaking of happiness, I would like to spend more time with you doing things that help calm us and bring us joy, like yoga or learning to paint, because that will help lower our stress and take the load off your shoulders. This year, my heart, will you be my valentine?

Love Always,  
Me

### Easy Tomato Sauce

Ingredients:

- 1 1/2 teaspoon vegetable oil
- 1 onion, chopped
- 2 1/2 cups chopped tomatoes
- 1 tablespoon garlic powder (or 2 cloves garlic, chopped)
- 1/2 teaspoon oregano (optional)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions:

1. In a large frying pan, heat oil over medium heat. Add onion and cook until soft. Stir often.
2. Add tomatoes, garlic, oregano, salt and pepper.
3. Simmer for 15-20 minutes or until thickened.
4. Serve over pasta, rice or cooked vegetables. Enjoy!
5. Refrigerate leftovers.

**Makes 5 servings**

### YOUR NUTRITIONISTS



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