

featured recipe

Apple Raisin Tossed Salad

Source: Modified from a recipe from What's Cooking? at USDA

Serving size: 1/8 recipe
Servings per recipe: 8



Ingredients

- 10 cups of chopped leaf lettuce
- 2 small apples, sliced
- 1/2 cup walnuts, chopped
- 1/2 cup raisins
- 1/2 cup green onions, chopped
- 3/4 cup fat-free Italian dressing
- Blue cheese crumbles, optional

Instructions

1. Toss lettuce, apples, raisins, walnuts and onions in large bowl.
2. Add dressing and toss gently. Top with optional cheese. Serve right away or refrigerate until ready to serve.



Celebrate National Physical Fitness and Sports Month with Finger Lakes Eat Smart New York!

During the month of May, we challenge all adults to get active every day. Any activity counts and it all adds up!

Here are some ideas for including more physical activity into your life:

- **Start activities slowly and build up over time.** This will help to prevent injury.
- **Chores count, too!** Clean the house, wash the car, or mow the lawn with a push mower.
- **Make active choices throughout the day.** Take the stairs instead of the elevator or go for a quick walk on your lunch break.

Move more and sit less throughout the day—Everything Counts!!

For more ideas on moving more, go to WhatsYourMoveNY.org.

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You know you need physical activity to stay healthy.
But did you know it can help you feel better right away?



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

And over time, physical activity can help you live a longer, healthier life.

- ✓ Control your blood pressure
- ✓ Stay at a healthy weight
- ✓ Lower your risk of diseases like type 2 diabetes and some cancers

Physical Activity Guidelines for Americans, 2nd edition; Move Your Way Fact Sheet for Adults.

For more tips and recipes, or to sign up for our e-newsletter, call or visit

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