

VA ST LOUIS HEALTH
CARE SYSTEM
HEALTH PROMOTION
DISEASE PREVENTION
314-289-6503

ST. LOUIS
AREA
FARMERS
MARKETS

Kirkwood Farmers
Market, 314-822-0084

Maplewood Farmers
Market, 314-241-2337

Overland Farmers
Market, 314-769-6360

Cherokee Street Inter-
national Farmers Market,
314-265-5140

North City Farmers
Market, 314-241-5031

(Defiance) Chandler Hill
Farmers Market, 636-
798-2675

St. Charles Lions Club
Farmers Market, 636-
723-2412

Alton Farmers Market,
618-463-1016

Edwardsville Community
Market-618-307-6045

Belleville Old Town
Market, 618-407-1510

Prevention Times

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Markets, Markets Everywhere!

Local fresh produce stands and farmers markets make healthy eating simple and tasty! Eating produce grown here in Missouri is good for your health, your wallet, and the environment.

Fruits and vegetables available at farmers markets taste better than what you will find at the grocery store. This is due to several reasons, including farming methods used by small farmers.

When you buy produce from a local farmer, the food goes directly from the farm to your plate. This means the food hasn't traveled a long distance and hasn't sat on the shelf for a long time.

Locally grown fruits and vegetables are good for the planet. This is due to less packaging and less fuel re-

quired for shipping fruits and vegetables. Buying fruits and vegetables from local farmers allows you to get to know your food better. Farmers love to talk

about the food they grow. They are happy to share their knowledge of which foods grow in which seasons.

Excited to meet your farmer? Look along the side of our newsletter for St. Louis locations!



quired for shipping fruits and vegetables.

Amy Knoblock-Hahn, MPH, MS, RD



Healthy Hero— Meet Robert Jackson!

Mr. Jackson attended the MOVE! Program and Cooking Matters Classes. An avid gardener and golfer, Robert has lost 50 pounds since December 2011!

What Healthy Changes did you make?

I cut down on the amount that I eat. That was critical. I exercise regularly, whereas I didn't before at all.

How has making healthy changes improved your lifestyle?

In every aspect! My health is much better now – physically and mentally. I have improved my attitude and self esteem. I can do the things I like to do like work in my garden. Losing weight and improving my balance has improved my golf game.

What advice would you give

other veterans who are trying to lose weight or considering joining the MOVE! Program?

First off, it has to be something you want to do. If you have the desire to do it, it's just a matter of getting up and doing it!

Interviewed by Nicole Morgan, RD, MOVE! Dietitian

Three Steps to More Fruits and Vegetables



Eating more fruits and vegetables can be as easy as 1, 2, 3!

1. Enjoy the rainbow! Most people need 2 to 2 ½ cups of vegetables and 1 to 1 ½ cups of fruit every day. Different colors of fruits and vegetables will give you different nutrients. Explore them all!

2. Size up your servings. One fruit serving is about the size of a tennis ball. If you have measuring cups, take time to see if you are getting the amount of non-starchy vegetables you need. Non-starchy vegetables include everything except for potatoes, corn, peas, and beans.

3. Plan ahead so adding more fruits and vegetables into your daily eating habits is easy. Keep your pantry and freezer

stocked with canned and frozen vegetables (without added salt or sugar). For example, you can add a handful of dried fruit to your cereal in the morning. Add frozen vegetables pasta and rice dishes, soups, and stir-fries.

Looking for more ideas? Visit <http://www.fruitsandveggiesmorematters.org/> for more ideas on cooking and planning.

Amanda Purnell, PhD

Choose to Improve Your Health with TLC

Changing behavior takes time and different options for different people.

Jane, a registered dietitian with 25 years of experience, works for the Telephone Lifestyle Coaching (TLC) program. The TLC program helps Veterans to make a variety of changes to improve their health, on their time, towards their goals.

“We take them step-by-step,

baby step, at their pace,” Jane said about participants in TLC.

One Veteran Jane has been coaching has type 2 diabetes and improved his blood sugar levels because of his weight loss.

“Not only has he lost the 16 pounds in six weeks, but his blood sugars are staying in the normal range,” Jane said, “He actually put his wife on the

phone, because she had a question about the recipe she was making that night.”

If you would like to learn more, call our HPDP Phone line at 314-289-6503.



“Exercising always puts me in a better mood!”

Dr. McKelvy

Getting to Know...Dr. McKelvy



Dr. McKelvy has been at the VA for 5 years, and is currently working with veterans in the 5 North Prime Clinic at JC.

When not working, she says, “I like to run, play tennis, read and hang out with my kids, ages 10 and 14.” And relaxing? “Exercising always puts me in a better

mood. And sleeping is one of my favorite activities!” For physical activity, Dr. McKelvy is a team player—she likes any kind of competitive sport, especially team sports. Her favorite healthy foods include broccoli, spinach, and olives. Blue cheese is also a favorite!

Here is a recipe from Dr. McKelvy...

Yogurt Pie

Ingredients:

2 low fat flavored yogurts (key lime or blueberry will work)
1 medium tub of Cool Whip
1 graham cracker or chocolate crust

Mix yogurt and cool whip; add to pie crust;

Freeze; when ready to eat, let pie thaw on counter for 15 minutes.

Decorate top with fresh fruit if desired.