

A monthly wellness newsletter from Better You

## Healthy choices are easier when there's a rainbow

Rainbows hold a special place in a balanced diet. Consider the saying "eat the rainbow." It's an easy way to remember to eat fruits and vegetables of all different colors – like the colors of a rainbow. The colors represent different vitamins, minerals, antioxidants, and more.

We know it is important to eat at least five servings of fruits and vegetables daily, but how can we do that in a cost-effective way? It can be difficult considering how food prices have risen in the last few years. Here are some budget-friendly suggestions to help you save money and stay healthy:

**1. Buy in-season fruits and vegetables.** Produce that is in-season tends to be less expensive because there are higher quantities of it. If it is in-season and local, it may be even cheaper because of its proximity to you.



**2. Buy frozen.** Fruits and vegetables are frozen at the peak of their freshness, which makes them a great alternative to their fresh counterparts. Frozen foods are typically less expensive and contain higher quantities than fresh. This is also a great option if you are worried that fresh food will not last long in your home.

**3. Choose budget-friendly options.** Some fruits and vegetables are consistently cheaper than others. These include watermelon, bananas, cantaloupe, apples, and pears. For vegetables, these include potatoes, carrots, cabbage, and cucumbers.

**4. Buy loose rather than pre-packaged food.** These tend to be less expensive,

sometimes even half the price.

**5. Look for supermarket deals.** Sometimes supermarkets will offer buy-one-get-one on overstocked fruits and vegetables. Look out for these deals. You can always freeze uneaten portions to save for another time.

**6. Support your local farmers.** Shop farmer's markets in your area, or join a CSA, short for community supported agriculture, to get a weekly share of fresh produce from a farm.

A colorful diet will give your body the rainbow of nutrients needed for good health. And don't forget white and brown produce, like cauliflower, mushrooms, onions, garlic, jicama, and potatoes!

**Resources:** [USDA.gov](https://www.usda.gov/); [FoodNetwork.com](https://www.foodnetwork.com/); [Healthline.com](https://www.healthline.com/)

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# Navigating the shadows: Postpartum depression

Caring for a newborn is challenging, and it's normal to feel overwhelmed after giving birth. But feeling hopeless or empty could be a sign of postpartum depression. Around 1-in-7 women can develop postpartum depression. It can impact you, your spouse or partner, and the baby.

## This happens to people who've given birth before

Postpartum depression is a medical problem that needs treatment. It is not a sign of weakness. The sooner you know the signs, the sooner you can get medical help. This will increase your chances for a quick and full recovery.

**Resources:** [Ncbi.nlm.nih.gov](https://www.ncbi.nlm.nih.gov/); [MayoClinic.org](https://www.mayoclinic.org)

## Signs of postpartum depression

Tell your doctor if you experience any of the following:

- Feeling sad, worthless, or helpless
- Not feeling like you're bonding with your baby
- Loss of energy, crying spells, irritability, or restlessness
- Thoughts about hurting yourself or your baby
- Overeating or loss of appetite

## What to do

- Talk with your doctor
- Join a new mom support group
- Try to eat healthy and go for walks or light exercise



- Prioritize rest and ask for help with household chores and caring for the baby

If you're a Florida Blue member, you are eligible for our Healthy Addition® Program. You will have access to a Registered Nurse throughout your pregnancy and up to three months after birth. To enroll: Email [healthyaddition@floridablue.com](mailto:healthyaddition@floridablue.com), or call 1-800-955-7635 option 6.

To learn more about postpartum depression, [join us](#) on August 17, 2023 at 1:00 p.m. ET for a live webinar.

## Mashed Chickpea Salad with Dill Capers (Serves 4)

### Ingredients:

- 1 (15 ounce) can low-sodium chickpeas, rinsed
- 1/3 cup finely chopped celery
- 1/4 cup vegan mayonnaise
- 1/4 cup chopped fresh dill
- 1 scallion, finely chopped
- 2 teaspoons capers, chopped
- 2 teaspoons lemon juice or more to taste
- 1/4 teaspoon ground pepper

### Directions:

Place chickpeas in a clean kitchen towel. Fold the towel over and gently rub the chickpeas to release any loose skins. Discard the skins; transfer the chickpeas to a medium bowl. Mash the chickpeas with a fork. Add celery, mayonnaise, dill, scallion, capers, lemon juice and pepper; stir until well coated.



**Tip:** To make ahead, cover and refrigerate for up to 4 days.

Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com/); for nutritional information click [here](#).

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