Why Eat Seasonal Produce?

1. *Fresher, healthier, and better tasting fruits and vegetables*

2. *Lower costs*

**What’s in Season Now?**

(Springtime in Texas)

- Broccoli
- Grapefruit
- Oranges
- Sweet Potatoes
- Cabbage
- Greens
- Peaches
- Tomatoes
- Carrots
- Herbs
- Potatoes
- Turnips
- Celery
- Mushrooms
- Spinach
- Cucumbers
- Onions
- Squash

Look for these foods in your local farmer’s market or grocery store

Our April “Living Well Tip of the Week” series will be focused on adding color to your diet with fruits and veggies. Look out for more to come on organic vs. non-organic, canned/frozen/fresh, and how to fit them into your daily meal plans.

Browse your Living Well Health Manager powered by WebMD for specific advice on all these tips: go to [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut) and select “Living Healthy” on the top banner.

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