



Place Your Bets On Produce

**Viva Las Veggies, Nevada – the city of bright lights and colorful dining:
Pull up a (vege)table and learn to bet healthy!**

You have a chance to spin the wheel in Las Veggies and win big. Las Veggies is located in the heart of Nevada where the gold rush began. You'll strike it rich by learning more about the value of vegetables.

During your stay in Las Veggies, at the Radishson Hotel, you can relax poolside drinking Carrot Coladas, Jim Beans, or Strawberry Smoothies. Don't forget the fabulous Cucumber Casino where your family can try a hand at Blueberry Blackjack, play the Spinach Slots, roll the dice at Cauliflower Craps, or go for broke at Broccoli Bingo.

Afternoon is a great time to visit the Las Veggies golf courses known for their greens and fairways. For the young ones, water parks can entertain for hours with their famous water rides featuring the 200-foot Snap-pea slide and the Fun Fennel Fountain.

Nightlife is sure to be tops with a variety of shows, dance clubs, and performers. Celine Celery, Jerry Lettuce, Carrot Top, and other great legends perform all night long. Don't miss the fun!

IMPROVE YOUR ODDS BY MAKING HALF YOUR PLATE VEGETABLES!

City Sites: Caesar's Salad Palace, Viva Las Veggies Revue at the Green Bellagio Pepper Resort & Casino

Gambling Tip: For the long run, bet on brightly colored produce!



The reviews are in — see the most magnificent show on the Las Veggies Strip!

Cirque Du Produce opened last week to a packed house at the Caesar's Salad Palace. This million-dollar production combines powerful athleticism, high-energy acrobatics, clever cooking techniques and inspiring imagery to produce a buffet of colorful and tasty veggies.

The vibrant stage of this award-winning show is punctuated by perfect produce preparation and signature *Cirque du Produce* acts such as slicing, dicing, and chopping. If making half your plate veggies is a challenge, try some of these helpful tips:

MORNING

- Drink a glass of 100% vegetable juice.
- Add diced green and red peppers, mushrooms, and onions to egg dishes.

MIDDAY

- Try a main dish salad, light on dressing. For color, add baby carrots, shredded red cabbage, or spinach leaves.
- Load sandwiches with veggies like tomatoes, cucumbers, peppers, onions, and spinach.
- Add cut-up veggies to your sack lunch. Try red or green pepper strips, broccoli, cauliflower, or cucumber slices.
- Hummus is a flavorful addition to wraps and pita pocket sandwiches.

EVENING

- Include chopped veggies in pasta sauce or lasagna.
- Order a veggie pizza with toppings like mushrooms, green peppers, and onions. Ask for extra veggies.
- Prepare a green salad with dinner each night.

SNACKS

- Keep a bowl of cut-up vegetables in a see-through container in the refrigerator. Carrot and celery sticks are traditional, but consider pea pods, broccoli florets, or cherry tomatoes.

WELLNESS CHALLENGE LAS VEGGIES, NEVADA

Make Half Your Plate Veggies:

Don't be cruel to a heart that's true. Be good to your body by making half your plate vegetables at each meal. Vegetables offer essential vitamins, minerals, and fiber, which promote good health.

Eating a diet rich in vegetables as part of an overall healthy diet may reduce the risk of developing:

- Heart disease, including heart attack and stroke
- Certain types of cancers
- Kidney stones and reduce bone loss

JACKPOT TRIVIA (THINK VEGGIES!)

Test your veggie knowledge by filling in the blanks with the missing words.

- 1- Little Rascals: Spanky, Buckwheat, and _____
- 2- Rock Group: The Red Hot _____
- 3- Movie: Forrest and Jenny were like _____ & _____
- 4- Movie: Fried Green _____
- 5- Book: Stephen King's Children of the _____
- 6- Toy: _____ Patch Kids

1. Alfalfa, 2. Chili Peppers, 3. Peas, Carrots, 4. Tomatoes, 5. Corn, 6. Cabbage

This month HealthTrip travelers are challenged to make half their plate veggie-rich foods for at least one meal per day.

Don't forget to download your Travel Log here:

<https://apps.weber.edu/wsuiimages/employeewellness/Challenges/Health%20Road%20Trip/Tracking%20Sheets/Las%20Veggies%20Travel%20Log.pdf>

UPCOMING EVENTS:

Cooking Demo: Wednesday, May 13

Training Tracker # 810-13

Looking for more: Take the 2020 Minutes Challenge!

https://www.weber.edu/employeewellness/Challenges_2020/2020_Minutes_Challenge.html



DID YOU KNOW...

Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy? Citrus fruits, strawberries and peppers are rich sources of vitamin C.

Dietary fiber from fruits and veggies as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease?

Fiber is important for proper bowel function? It helps reduce constipation and diverticulosis. Fiber-containing foods such as fruits and veggies help provide a feeling of fullness with fewer calories. Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber.