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## The Scoop, Vol. 7 Issue 3-4, Summer 2020

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# THE SCOOP

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## SAVE THE DATE

Thursday, June 18:  
BYOL Lunch & Learn Series:  
Funny TED Talks  
12pm - 1pm  
Zoom

Friday, July 3:  
Independence Day Holiday  
REMINDER  
The library staff will not be  
working remotely

## 5 MINUTE HEALTH TIP



### 5 Tips for Eating Seasonally (and More Healthfully) This Summer!

1. Visit your local farmer's market to see what's been harvested locally in your area.
2. Summer produce you'll find in abundance in Florida includes: blackberries, peppers, cucumbers, nectarines, peaches, cantaloupe, guava, eggplant, sweet corn, tomatoes, and watermelon!
3. When eating out, ask your server about the restaurant's "farm fresh," "farm to table," or "locally grown" items.
4. Search for U-pick farms in your area to pick your own produce.
5. Check out local farms for other seasonal food such as dairy, eggs, and honey.

## EAT SEASONALLY THIS SUMMER!

Eating seasonally is good for you and good for the environment! Seasonal produce is at its freshest, tastiest, and at its max nutritional content. Plus, when you buy and consume seasonal produce, you're typically supporting local farmers and cutting down on the pollution and cost of producing and shipping produce out-of-season. Treat yourself this summer with these seasonal produce picks.



Avocado

This popular guacamole ingredient packs a healthy punch - avocados are a great source of vitamins C, E, K, and B6, as well as omega-3 fatty acids.



Mango

One of the sweetest fruits out there, mangoes provide a healthy dose of beta-carotene, vitamins A, C, and K, as well as potassium.



Watermelon

While they are mostly water - about 92% - this refreshing fruit is still bursting with significant levels of vitamins A, B6 and C, lots of lycopene, antioxidants, and amino acids.



Sweet Peppers

These multi-toned veggies have a high content of fiber, vitamin E, and beta-carotene (particularly the red and orange varieties!).



Blueberries

These tiny berries are a good defense for your heart health: they contain fiber, potassium, folate, vitamin C, vitamin B6, and a high phytonutrient content to keep your ticker healthy!



Valencia Oranges

These sunny fruits are known for their high vitamin C content, but Valencia oranges also boast lots of vitamin A, folate, potassium, and fiber.



Raspberries

These berries contain lots of vitamins, antioxidants and fiber, plus a high concentration of ellagic acid, a phenolic compound that has been linked to reduced risk of developing certain cancers.



Guava

Typically found as flavoring for jams, jellies, and pastries, these fruits offer a high dose of vitamin C, lycopene, and manganese.

## APP OF THE MONTH

*Inhale the future, exhale the past...*



Sometimes all we need to help us relax is a moment to just focus on our breathing. **The Breathing App** is as simple as that, and focuses on the physiological benefits you get from slowing your breath down (like decreased stress and anxiety and improved emotional balance to name a few). Modify how long you would like to practice the breathing meditation, and how many breaths you would like to take, and then get started. The soothing and simple visuals and sounds keep you on task and in the moment.

*The Breathing App*

AVAILABLE FOR **FREE** IN ITUNES AND IN THE GOOGLE PLAY STORE

**INFORMATION.** Anywhere, Anytime, on Any Device

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