

The Winning Snack With The Whole Package



THE WHOLE PACKAGE.

Naturally sweet, California dried plums help support healthy bones and may support heart health, digestive health, immunity and healthy aging. In other words, they're *The Whole Package*. Dried plums also have no sodium and fat. A daily serving, 4 to 5 dried plums, has fewer than 100 calories. All this, and they taste great!

Leslie Bonci is a registered dietitian, the Director of Sports Nutrition at the University of Pittsburgh Medical Center and has served as the Pittsburgh Steelers' team sports dietitian for 20 years. Leslie authored the books "Sport Nutrition for Coaches" and the "American Dietetic Association's Guide to Better Digestion."

She counsels patients and athletes on food choices every day. "It's my preference that everyone—athletes or not—get their nutrients from food first. If you eat a balanced diet, you should be getting all of the nutrients you need," says Leslie Bonci, MPH, RD, CSSD, LDN.



Leslie Bonci, MPH, RD, CSSD, LDN

TOP REASONS LEADING SPORTS DIETITIAN LESLIE BONCI THINKS CALIFORNIA DRIED PLUMS ARE THE WHOLE PACKAGE:

Promotes Healthy Bones

- Dried plums contain vitamins and minerals such as potassium, copper, boron and vitamin K that support healthy bones.
- Dried plums help support healthy bones by preventing bone mineral loss, which can lead to osteoporosis.¹
- Dried plums may help prevent fractures and osteoporosis.¹

Encourages Healthy Eating

- Dried plums are economical, require no refrigeration and are a convenient and portable snack. This makes them easy to incorporate into your daily diet.
- Dried plums may increase antioxidant intake in your diet.²
- Dried plums help with weight management through improved satiety.³ They curb your appetite and help keep you satisfied.

10 Essential Tips for Achieving Optimal Wellness

1. Eat nourishing foods, including an abundance of colorful fruits and vegetables.
2. Try to get vitamins and minerals from whole foods.
3. Get daily recommended amounts of calcium and vitamin D.
4. Engage in regular weight-bearing and muscle-strengthening exercise, and avoid smoking and drinking excessive alcohol.
5. Consume adequate protein.
6. Stay hydrated.
7. Eat mindfully.
8. Strengthen your core.
9. Get adequate sleep.
10. Manage stress.

1. Shirin Hooshmand, Sheau C. Chai, Raz L. Saadat, Mark E. Payton, Kenneth Brummel-Smith, Bahram H. Arjmandi. Comparative effects of dried plum and dried apple on bone in postmenopausal women. *British Journal of Nutrition*, 2011; 1 DOI: 10.1017/S000711451100119X
2. Kaper S, Howarth LS, Furchner-Evanson A, Petrisko Y, Nemoseck T, Hong M.Y, and Kern M. Dried plums consumed twice daily increase antioxidant capacity after two weeks in adult women. *FASEB Journal* 2010, 24:564.5.
3. Furchner-Evanson A, Petrisko Y, Howarth LS, Nemoseck T and Kern M. Snack selection influences satiety response in adult women. *FASEB Journal* 2009, 23:545.11.

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