**Physical Activity Tip:**

Exercise while watching television. Use free weights, a stability ball, stationary bike, treadmill, or stair climber, or do stretching exercises.

**Nutritional Tip:**

Citrus fruits are rich in vitamin C, potassium, and fiber. Eating whole fresh fruit provides maximum fiber. Cooking or canning fruit may decrease the amount of fiber, and fruit juice has little or no fiber. By choosing foods that contain more fiber, you will increase the length of time that meals and snacks satisfy your appetite.

**Motivational Tip:**

“A day will never be any more than what you make of it. Practice being a ‘doer’!”

- Josh S. Hinds

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**Moro (Blood) Orange and Opal Basil Sorbet**

**Ingredients:**

- 8 Moro (blood) oranges (2 cups of orange juice may be substituted)
- 2 cups simple syrup (see directions below)
- 12 whole fresh opal basil leaves
- 3 Tbsp. lemon juice

**Preparation:**

1. Making the simple syrup: Combine 2 cups of sugar and 1 cup of water in a 2-quart heavy-bottomed saucepan over medium-high heat and bring to a boil. All the sugar crystals should be completely dissolved. Remove from the heat and pour into a clean medium-size bowl. Let cool completely before using. Simple syrup can be stored in the refrigerator indefinitely if kept in an airtight container.
2. Squeeze juice from fresh Moro (blood) oranges (8 oranges should yield approximately 2 cups of juice).
3. In a 2-quart saucepan set over medium-high heat, add 2 cups orange juice and 2 cups simple syrup. Bring to a boil and add basil leaves to the pan. Remove from the heat and allow the basil to steep in the sorbet base for 5 minutes.
4. Add the lemon juice to the sorbet base, strain the base, and chill completely. You may finely mince fresh basil and add to your syrup mixture as you put it in the ice cream maker for added color and texture.
5. Churn the sorbet in an ice cream maker according to manufacturer’s suggested procedure. Once the sorbet is frozen, transfer to a 1-quart container and store in a tightly sealed container in the freezer.

Yields 12 (1/2 cup) servings. Nutritional Information Per Serving: 75 calories, 4.7g protein, 10g carbohydrate, 2.4g fat, 0mg cholesterol, 57mg sodium

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UPMC Health Plan is proud to sponsor America On the Move in Pittsburgh — part of a national initiative to promote active living and healthy eating across the country. Visit the America On the Move website at www.americaonthemove.org and click on “Get Involved Today” to access free tools for tracking and modifying physical activity, eating, and body weight.