



Topic of the Month – *Fruits & Vegetables*

Healthy Changes

According to the USDA several important nutrients such as fiber, Vitamin C, and potassium are under consumed by children these days in their regular diet. However, fruits and vegetables are a good source of these missing nutrients that can help fill that nutrient gap. The best part is even though fruits and vegetables are packed with nutrients they are low in calories and fats. So not only are fruits and vegetables tasty they can help fight obesity. A high fruit diet can also help fight certain diseases like heart disease and stroke, also some types of cancer. However even though fruits and vegetables are delicious as well as healthy for us, kids are only eating half the recommend amount, so it's more important than ever to get children eating fruits and vegetables not only so they stay healthy but also to create healthy life styles for the future.



People often think that it is hard to include fruits and vegetables but there are many simple ways that we can overcome this difficulty.

1. One way is to simply keep fruits outside on your kitchen counter. This way they are the first things you see when you are hungry and want a quick bite to eat.
2. Another way is to integrate fruits and/or vegetables into every meal. You could also try to search up healthy recipes that involve the use of vegetables and fruits on the Internet and seeing which ones you like.
3. You could lower the use of potatoes in your cooking and use other vegetables instead because potatoes are heavy in carbs compared to other vegetables.

<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/>

What are the benefits?

Fruits and vegetables are essential to a balanced diet.

- They provide you with vitamins and minerals that keep your immune system working, prevent bone damage, and help keep your digestive system clean.
- Since they are naturally low in calories, they are easy to add to your diet without exceeding your recommended daily caloric intake.
- Fruits and vegetables both have no cholesterol or fat, and they contain potassium which helps to maintain a healthy blood pressure.
- They also contain Vitamin A and Vitamin C, which help to maintain healthy skin and eyes and heal wounds.



Fruits and vegetables help to keep you healthy in a lot of aspects concerning nutritional value and should be eaten daily.

Edible Rainbow

Research indicates that each nutrient has a unique function in our body, and although we may not know exactly how or why nutrients work the way they do, it is clear that more fruits and vegetables reduces the risk of many chronic diseases. One of the ways to make good choices when filling up your plate is to choose farm-fresh produce in a variety of colors. Fill your plate from the edible rainbow of fruits and vegetables including red, green, yellow, orange, blue, purple, and white. Next time you visit your local farmers market, look for a variety of colors to fill your basket. Here's my favorite edible rainbow list - kale greens, ruby red strawberries, yellow peppers, orange sweet potatoes, purple eggplant, white cauliflower. What would your edible rainbow look like?

<http://www2.ca.uky.edu/HES/FCS/SSCgtFM/FN-SSB-913.pdf>

“Food” Goal this Month

Eat at least 1 fruit and vegetable per day

Nutrition Color Wheel

Color - Function in the Body	Fruit and Vegetable Sources
<p>1. Blue/Purple Nutrients help lower the risk of some cancers and are good for urinary tract health, memory function</p>	<p>Fruits: Blackberries, blueberries, grapes, plums, raisins, purple cabbage and eggplant Vegetables: Purple asparagus, Purple cabbage, Eggplant, Purple Belgian endive, Purple peppers, Purple-fleshed potatoes</p>
<p>2. Green Strong bones and teeth, vision health and may lower the risk of some types of cancer.</p>	<p>Fruits: Avocados, Green apples, Green grapes, Honeydew, Kiwifruit, Limes Vegetables: Artichokes, Arugula, Asparagus, Broccoli, Broccoli rabe, Brussels sprouts, Chinese cabbage, Celery, Chayote squash, Cucumbers, Endive, Leafy greens, Leeks, Lettuce, Green onions, Okra, Peas, Green peppers, Snow peas, Sugar snap peas, Spinach, Watercress, Zucchini</p>
<p>3. White (includes tan and brown): Heart health, a lower risk of some cancers, helps boost T cells.</p>	<p>Fruits: Bananas, Brown pears, Dates, White nectarines, White peaches Vegetables: Cauliflower, Garlic, Ginger, Jerusalem artichokes, Jicama, Kohlrabi, Mushrooms, Onions, Parsnips, White-fleshed potatoes, Shallots, Turnips, White corn</p>
<p>4. Yellow/Orange: Heart and vision health, a healthy immune system and a lower risk of some cancers.</p>	<p>Fruits: Yellow apples, Apricots, Cantaloupe, Cape gooseberries, Yellow figs, Grapefruit, Golden kiwifruit, Lemons, Mangoes, Nectarines Vegetables: Yellow beets, Butternut squash, Carrots, Yellow peppers, Yellow potatoes, Pumpkin, Rutabagas, Yellow summer squash, Sweet corn</p>
<p>5. Red: Healthy heart, memory function and a lower risk of some cancers.</p>	<p>Fruits: Red apples, Blood oranges, Cherries, Cranberries, Red grapes, Pink/Red grapefruit, Red pears, Pomegranates, Raspberries, Strawberries, Watermelon Vegetables: Beets, Red peppers, Radishes, Radicchio, Red onions, Red potatoes, Rhubarb, Tomatoes</p>

[http://scholarworks.csun.edu/bitstream/handle/10211.2/1089/FruitsandVegetablesGroup\(week2\).pdf?sequence=17](http://scholarworks.csun.edu/bitstream/handle/10211.2/1089/FruitsandVegetablesGroup(week2).pdf?sequence=17)

“Move” of the Month

Activities for the Winter

As the temperature drops and snow comes in, you can still keep fit.

1. Perform activities that can only be done in winter such as skiing and ice skating
2. Have a snowball fight, build an igloo and make snow angels
3. Indoor exercises such as going on the treadmill or cycling
4. Strength exercises like pushups and situps

Upcoming

Next newsletter will focus on

Eating Whole Grains

Next Healthy Living Session

January 11th at 2:00pm at the West-Windsor Library

Fun Facts

What's in a name?

What happens when you name carrots with “X-Ray vision carrots,” broccoli did a hulk like morph into “Power Punch Broccoli” along with “Tiny Tasty Tree Tops” and “Silly Dilly Green Beans” replaced regular old green beans?

Vegetable purchases went up by 99% in the treatment school!

<http://foodpsychology.cornell.edu/outreach/whatame.html>

Herb of Persia

It was grown in America during the colonial period, probably traveling over on ships from England.

The most nutritious way to serve is raw in a salad, by itself, or with other mixed greens. Popeye knew to include this nutrient rich vegetable in his diet every day! A food source since 647 A.D., the Chinese called spinach the “herb of Persia.” Spinach is a rich source of iron, vitamin A, and vitamin C.



http://www.education.ne.gov/ns/nslp/FFVP/BINDERS/Binder1-Food_Service_Resource/FactsNutritionSection.pdf

Cauliflower dyed neon green?

Broccoflower is a cross between cauliflower and broccoli. Tastes much like cauliflower when it's raw. When cooked, the results taste more like broccoli. Broccoflower has more vitamin C than oranges. It's also high in folic acid and higher in vitamin A than either broccoli or cauliflower.

