

Healthy Eating Tip of the Month
Sponsored by Patient Food and Nutrition Services
June: Fruits and Vegetables



Eat 5-9 a Day...The Fruits and Vegetables
Way!!

Fruits and vegetables are a delicious addition to any meal, yet many of us don't get enough of antioxidant packed produce in our diets. June is the month to stop making excuses and to start eating the 5-9 recommended servings of fruits and vegetables per day.

What is so great about fruits and vegetables?

Besides tasting great, fruits and vegetables are packed with vitamins, minerals, and antioxidants that keep your body healthy inside and out. No single fruit or vegetable will provide all of the nutrients that you need to be healthy. The key lies in the variety of different fruits and vegetables that you eat. A colorful variety of fruits and vegetables, healthfully prepared, makes a significant contribution to a diet that promotes good health. For example, exotic/tropical fruits are gaining recent popularity due to their delicious taste and high phytochemical content.

Examples of exotic fruits include:

- ⇒ Pomegranate
- ⇒ Mango
- ⇒ Star fruit
- ⇒ Coconut
- ⇒ Figs
- ⇒ Mamey
- ⇒ Papaya
- ⇒ Blackberries



Exotic fruits can be eaten plain or substituted in your favorite dessert, either way; your taste buds will thank you!

Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Eating plenty of fruits and vegetables can help ward off heart disease and stroke, control blood pressure and cholesterol, prevent some types of cancers, and guard against cataract and macular degeneration. In addition, a diet rich in fruits and vegetables may play an important role in weight management. The current evidence collectively demonstrates that a diet rich in fruits and vegetables is associated with improved health and reduced risk of major diseases.



How many servings of fruits and vegetables do I need per day?

Teen boys and active men:

⇒ Shoot for 9 servings day

Older children, teen girls, active women:

⇒ Shoot for 7 servings a day

What counts as a serving?



1 medium apple



$\frac{1}{4}$ cup dried fruit



16 grapes



5 broccoli florets



6 raw carrots



1 cup raw leafy greens

What counts as 2 servings?



1 medium baked potato



1 large banana



1 large orange



1 large bell pepper



1 large ear of corn

Additional Research

The *American Dietetic Association* published an article that describes the health benefits of consuming fruits and vegetables. The article, "The High Cost of Not Consuming Fruits and Vegetables", talks about how cardiovascular disease remains the number one cause of death in the United States. In addition, the prevalence of hypertension, diabetes, and obesity also continue to increase. A recent study cited within the article found that whole grain, fruit, and vegetable intake was associated with a 22 percent reduction in all-case mortality. In addition, observational and experimental studies of fruit and vegetable intake have shown an association with lower blood pressure.

A recent review of the literature relating fruit and vegetable intake to weight management suggested that fruits and vegetables may play an important role in dietary strategies to manage weight and prevent obesity. A small but growing body of evidence links a diet rich in fruits and vegetables with lower risk of developing type 2 diabetes mellitus. Increasing individual fruit and vegetable consumption to 600g/day could reduce the worldwide burden of coronary heart disease by 31 percent and stroke by 19 percent.



“What’s in the News”?



“Flavonoids May Help Treat Alzheimer’s”

BusinessWeek, 2008

In the *Journal of Cellular and Molecular Medicine*, a recent study was published that suggested flavonoids may be able to help battle Alzheimer’s disease. Flavonoids are compounds found in many fruits and vegetables. In experiments with mice, two flavonoids called luteolin and diosmin reduced levels of beta-amyloid, which forms the harmful plaques that build up in the brains of those with Alzheimer’s disease. The study concludes by saying that increasing the flavonoids in your diet may help reduce the risk of Alzheimers.

“The DNA of Antioxidants”

CookingLight Magazine, 2007

In an article published in Cooking Light magazine, Karen Ansel, MS, RD, discussed how antioxidants offer health promoting benefits. Experts believe antioxidants may help prevent heart disease, fight certain cancers, and ward off dementia. There are thousands of antioxidants found in fruits, vegetables, whole grains, nuts, legumes, meats, poultry, and fish. The article goes on to explain that some antioxidants can be made by your body, but that others must be obtained from food. Antioxidants can also help reduce inflammation and keep arteries flexible. Even eating small amounts of foods rich in antioxidants can provide significant benefits. The benefits of eating adequate amounts of fruits, vegetables, and whole grains can’t be overemphasized.

Healthy Fruit and Vegetable Recipes

Confetti Salad

1 head cauliflower, broken into florets
1 bunch broccoli, cut into bite-size pieces
1/4 cup chopped onion
8-ounce can water chestnuts, sliced and drained
1-ounce pimento, drained
16-ounce can kidney beans, drained

Dressing:

1/4 cup sugar
1/3 cup vinegar
1/2 cup light salad dressing
1/3 cup canola oil



Topping:

1 cup low-fat cheddar cheese, grated
1/2 cup fat-free bacon bits

Combine cauliflower, broccoli, onion, chestnuts, pimento, and beans in a large bowl. Set aside. Dissolve sugar in vinegar, mix well. Add salad dressing and oil, mix. Drizzle dressing over vegetables; chill. Before serving, sprinkle topping of cheese and bacon over vegetables. Yield: 12 serving.

Breakfast Fruit Cup

2 oranges, peeled and sliced into bite-sized pieces
15 strawberries cut in half
1 banana, peeled and sliced
1 tbsp golden raisins
1/2 cup low-fat plain yogurt
1/8 tsp cinnamon.

In a small bowl, combine fruit. Divide fruit equally into 4 bowls. Put a rounded tablespoon of yogurt over fruit in each bowl and sprinkle with cinnamon. Yield: 4 servings.

Avocado and Zucchini soup

4 cups chicken broth

1 lb. zucchini, finely sliced

2 Large, ripe avocados, peeled and seeded

1/2 cup plain yogurt

3 tbsp Lemon juice

2 tsp Worcestershire sauce

3/4 tsp ground coriander

Dash of salt

1/2 tsp sugar

Dash of Tabasco

1 cup tomatoes, seeded and chopped

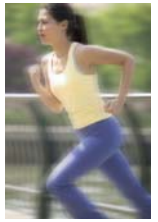
Preparation

In a saucepan, heat chicken broth. Add zucchini and simmer until very soft, about 10 minutes. Remove zucchini from pan with slotted spoon and reserve cooking liquid. In food processor or blender puree zucchini with avocados.

Put the zucchini and avocado puree in a saucepan and stir in the yogurt, lemon juice, Worcestershire sauce, coriander, salt, sugar, Tabasco and reserved cooking liquid. Heat thoroughly but do not boil. Spoon into soup bowls and garnish with the tomatoes.

Ideas for on the run...

- Mix your favorite nuts with dried fruit such as cranberries, raisins or apricots for a delicious homemade trail mix.
- Blend a smoothie using yogurt and fresh fruit for the commute to work or school.
- Keep a selection of washed and prepared fruits and vegetables as well as canned and dried fruits on hand at home to grab and go!
- Carry fruits and vegetables with you in your car, purse or backpack so you'll always have a healthy option when you're hungry.



Healthy Eating Tip of the Month Display Board

During the month of June, visit the Healthy Eating Tip of the Month board located in the hospital cafeteria. Stop by the display and take home informational brochures and handouts that talk all about fruits and vegetables. Also, enter a drawing to win wonderful recipe cards that include delicious, healthy recipes for everyone. In addition to the handy recipe cards, you can also win a stylish apron to wear while cooking! Just remember, eat 5-9 a Day...The Fruits and Vegetables Way!!



Visit these helpful websites for more great information about fruits and vegetables:

- www.fruitsandveggiesmorematters.com
- www.fruitsandveggiesmatter.gov
- www.usda.gov
- www.mypyramid.gov
- www.thefruitpages.com
- www.fruitsnvegetables.com
- www.fruitandveggieguru.com
- www.deliciousorganics.com

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Flavanoids May Help Treat Alzheimers. 6 May 2008.
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<<http://edition.cnn.com/2008/HEALTH/diet.fitness/04/16/cl.antioxidant.dna/index.html>>

What Counts as a Cup? 10 May 2008. <www.fruitsandveggiesmatter.gov>