

EAT RIGHT WITH COLOR

National Nutrition Month 2011



MIX & MATCH YOUR COLORS

Finding the right type of fruits and vegetables that you will enjoy is the key to eating more. Try a variety and see what you like best!



Helpful Websites

[Fruits and Vegetables Matter.gov](#)

Simple straight-forward advice about fruits and vegetables. This website also provides several helpful brochures and handouts.

[MyPyramid.gov](#)

How many fruits and vegetables do you need? Let MyPyramid.gov create your personalized Food Guide Pyramid so that you know exactly what your body needs.

[EatRight.org](#)

The American Dietetic Association website is full of helpful nutrition information that is up-to-date and accurate.

[Nutrition.gov](#)

This is an amazing website that provides information on a wealth of topics. It also has links to other great websites that you might be interested in.

[CookingLight.com](#)

Find simple, easy, and tasty recipes that also happen to be healthy. Cooking Light recipes include nutrition information (just like you'd find in the grocery store), so you know exactly what you're eating.



EATING HEALTHIER ISN'T DIFFICULT

This website is created to help you to incorporate more colorful fruits and vegetables into your diet, as well as inform you about the importance of fruits and vegetables. Eating more fruits and vegetables shouldn't be difficult or put a strain on your food budget. By adding more fruits and vegetables to your plate you will not only be eating more

colorful foods, you will also be eating healthier foods.



"Eat Right with Color" is important for us all to do. Young, old, or in between, it's important for everyone to eat a variety of colors and foods throughout the day.



Quick Facts about Fruits and Vegetables



*** MOST PEOPLE SHOULD CONSUME ABOUT 5 CUPS OF FRUITS AND VEGETABLES EVERYDAY.**

*** 1 SERVING =**

*** 1 SMALL APPLE**

*** 1 LARGE BANANA**

*** 12 BABY CARROTS**

*** 1 LARGE BELL PEPPER**

*** 2 CUPS RAW LEAFY GREENS**

*** EAT A VARIETY OF COLORS; DON'T GET STUCK EATING ONLY ONE COLOR.**

*** ADD A FEW FRUITS AND VEGETABLES TO EVERY MEAL. THAT WAY IT DOESN'T BUILD UP ALL DAY AND YOU END UP EATING ALL YOUR SERVINGS FOR DINNER!**



COLOR PIGMENTS MAKE THE DIFFERENCE

Lycopene: Red

Most people have heard about lycopene because a few years ago it burst on to the nutrition scene.



Lycopene is prevalent in tomatoes, watermelon, and pink grapefruit. It is thought that lycopene could reduce the risk of cancer, especially prostate. And it is true that lycopene in cooked tomatoes is better absorbed by the body than raw tomatoes (Garden-Robinson, 2009).



Carotenoids: Orange & Yellow

Orange fruits and veggies have lots of beta-carotene, which is converted to vitamin A in the body. Vitamin A keeps eyes healthy and possibly makes your immune system stronger! It is thought that carotenoids might also be good for your heart. Citrus fruits, although not good sources of vitamin A, are very good sources of vitamin C and folate (Garden-Robinson, 2009).

Anthoxanthins:

White

Although white is a debatable color, the health promoting components of white fruits and veggies are less debatable. Studies have indicated that they may be able to lower cholesterol and reduce stomach cancer risk (Garden-Robinson, 2009). Plus, many of these foods are high in potassium!



Anthocyanins: Red, Blue, Purple



Berries come in many different colors and contain color pigments that may be important to your health. The

American Journal of Clinical Nutrition published a research study that showed moderate berry consumption had favorable effects on platelet function, HDL (healthy) cholesterol, and blood pressure. In this study, berry consumption inhibited platelet clotting, increased serum HDL cholesterol, and decreased blood pressure, all which reduced the risk of cardiovascular diseases (Erlund et al, 2008). Also, anthocyanins in berries may reduce the risk of cancer by reducing cell damage.

Chlorophyll: Green

Green vegetables are important to incorporate into your diet. A recent study published in the British Medical Journal indicates that increased consumption of dark green leafy vegetables significantly reduces a person's risk of Type 2 Diabetes. "High intakes of fruit and vegetables have been shown to increase concentration of plasma carotenoids and vitamin C, both of which have antioxidant properties" (Carter et al, 2010). Plus, cruciferous vegetables, such as broccoli, contain indoles that may protect against some types of cancer. Leafy greens are excellent sources of folate and B vitamins.



SEASONALITY GUIDE OF COLOR FOR THE USA

Adapted from "Seasonality Guide", Champions for Change: Network for a Healthy California
< <http://www.network-toolbox.net/en/pdf/Handouts/HandSeasonGuide.pdf> >

Spring

Apricots
Artichokes
Asparagus
Avocados
Bell Peppers
Collard Greens
Grapefruit
Green Peas
Mangos
Oranges
Rhubarb
Strawberries
Swiss Chard

Summer

Apricots
Avocados
Bell Peppers
Blackberries
Blueberries
Cantaloupe
Cherries
Corn
Grapes
Green Beans
Green Peas
Honeydew
Mangos
Nectarines
Okra
Peaches
Pears
Plums
Raspberries
Strawberries
Swiss Chard
Tomatoes

Fall

Acorn Squash
Brussels Sprouts
Butternut Squash
Grapes
Green Beans
Honeydew
Kiwi
Okra
Pears
Persimmons
Pomegranates
Pumpkins
Sweet Potatoes
Swiss Chard
Tangerines
Tomatoes
Turnips

Winter

Avocados
Brussels Sprouts
Collard Greens
Grapefruit
Kiwi
Oranges
Pears
Tangerines
Turnips

Year Round

Apples
Bananas
Beets
Bok Choy
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Cucumbers
Eggplant
Garlic
Green Onions
Kale
Lemons
Lettuce
Limes
Mushrooms
Onions
Parsnips
Pineapples
Potatoes
Spinach



Easy Ways to Add Color



Add Vegetables to Already Prepared Meals

Have a boxed meal in the cupboard? Don't throw it out! After preparing it to the directions on the box, add some extra cooked vegetables such as broccoli, mushrooms, bell peppers, or your own favorite colorful vegetable.

Add Fruit to Your Green Salad

Fruit adds an extra sweetness to your salad. Try apple, strawberries, blueberries, or pear to finish off a gorgeous salad. If you don't have any fresh fruit on hand, throw a small handful of dried cranberries on top!

Friday Night Pizza

Pizza is the perfect palate for extra color. Top pizza with bell peppers of all colors, fresh tomatoes, red onion, or pineapple. All of these items add extra nutrients and will create the best pizza you've ever had!

Frozen Veggies to the Rescue!

Frozen vegetables are a great way to have vegetables on hand and ready to use. Add frozen peas to mac and cheese, fried rice, or almost any boxed meal. It's so easy to do, it will become habit in no time.


Pack the Night Before

Lunch is a great place to add more fruits and vegetables. In the morning rush, it is easy to forget to add some healthier foods to your lunch pack. So the night before, put some cut veggies and a piece of fruit together in the refrigerator; that way they are easy to grab and go in the morning!

RECIPE

FOR BREAKFAST

Maple Almond Granola

- 
- 2 1/2 cups old-fashioned oats
 - 1 cup chopped almonds (or your favorite nut)
 - 1/4 cup canola oil
 - 1/4 cup pure maple syrup
 - 1/4 cup hot water
 - 1/2 TBSP vanilla extract
 - 1 tsp almond extract
 - 1/4 tsp salt
 - 3/4 cup dried berries, such as blueberries and cranberries

Line a baking sheet with foil. Toss oats, almonds, and cinnamon together in a large bowl. Mix together oil, maple syrup, hot water, both extracts, and salt in a medium bowl. Drizzle over dry ingredients; toss to coat. Spread mixture evenly over baking sheet.

Bake for 20 minutes at 300°. Stir granola and cook for another 25-30 minutes until golden brown. Sprinkle dried fruit over and cool completely.

Store in an air tight container for up to 1 week.

Serving Suggestions:

- Mix together yogurt, fresh fruit, and granola for a healthy start to the day
- Top a small bowl of granola off with some cold low-fat milk or soymilk
- Just eat a handful of plain granola!

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RECIPE

FOR LUNCH

Fancy Tuna Sammie

- 1 can water packed tuna
- 2 TBSP low-fat mayonnaise
- 1 TBSP pickle relish
- 1/8 cup chopped red onion
- 1/8 cup chopped carrot
- 1/8 cup bell pepper, red, green, yellow, or orange (or a mixture of all 4!)
- 1/8 cup celery
- 4 slices of whole wheat bread

Drain the tuna and mix together with mayonnaise through celery. Once mixed, top two slices of bread each with half of the mixture. Top with the other slices of bread to make 2 delicious sandwiches!

The best way to add more color to your diet is to make food from scratch. However, this doesn't mean the recipes have to be difficult or time consuming.

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RECIPE

FOR DINNER

Garden Vegetable Crustless Quiche

- 1 1/2 cups egg substitute
- 3 large eggs
- 1 1/2 cups shredded reduced-fat extra sharp cheddar cheese
- 1 1/2 cups shredded reduced-fat Monterey Jack cheese
- 1/2 cup 1% low fat milk
- 1/2 cup all-purpose flour
- 1 tsp baking powder
- 1/2 tsp salt
- 16 oz fat-free cottage cheese
- Cooking spray
- 4 cups sliced zucchini (about 4)
- 1 1/2 cups diced potato
- 1/2 cup diced onion

1 cup chopped green bell pepper (about 1)

8oz sliced mushrooms

1/2 cup chopped fresh parsley

2 tomatoes, thinly sliced

Beat egg substitute and eggs in a large bowl until fluffy. Add 3/4 cup cheddar cheese, 3/4 cup Jack cheese, milk, flour, baking powder, salt, and cottage cheese.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add zucchini and the next 3 ingredients (through mushrooms); saute for 5 minutes or until tender. Add the zucchini mixture and parsley to egg mixture. Pour into a 3-quart casserole dish coated with cooking spray. Top with the remaining cheeses and arrange tomato slices over top.

Bake at 400° for 15 minutes. Reduce oven temperature to 350° (do not remove dish from oven) and back for 35 minutes or until lightly browned and eggs are set.



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COLOR IN THE NEWS

Few Americans Finish Their Vegetables

Listen to this story from npr.org about a new study from the Centers for Disease Control (CDC) that shows that we just don't seem to eat our vegetables. It also offers solutions for people to eat more fruits and vegetables and ultimately live a healthier life!

<http://www.npr.org/templates/story/story.php?storyId=130432584>

2010 Dietary Guidelines for Americans

The new 2010 Dietary Guidelines for Americans were just released by the US Department of Agriculture on January 31, 2011. The Guidelines include suggestions about how to eat healthier, including increasing fruit and vegetable consumption and limiting salt intake.

<http://www.cnpp.usda.gov/dietaryguidelines.htm>

Here's an article that is easy to read and covers exactly what is in the new Guidelines:

[http://www.nytimes.com/2011/02/15/health/15brody.html?
_r=1&scp=1&sq=fruits%20and%20vegetables&st=cse](http://www.nytimes.com/2011/02/15/health/15brody.html?_r=1&scp=1&sq=fruits%20and%20vegetables&st=cse)

February is American Heart Month: Start with a heart-healthy diet

This article posted on AnnArbor.com covers a small range of topics to encourage people to eat healthier for their heart. It includes simple, straight forward advice about how healthy eating can affect your health in a positive way.

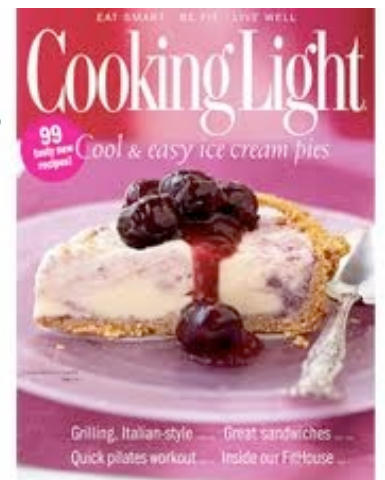
<http://www.annarbor.com/health/a-fit-heart-in-february/>

STILL WANT MORE COLOR?

Come and Visit the Healthy Eating Tip of the Month bulletin board located in the University Hospital's Main Cafeteria!



Enter to win a 2-year subscription to **Cooking Light Magazine!**



Where to find cited Research Articles:

Carter, P., Gray, L.J., Troughton, J., Khunti, K., & Davies, M.J. (2010). Fruit and vegetable intake and incidence of type 2 diabetes mellitus: systematic review and meta-analysis. *British Medical Journal*, 341:c4229. <<http://www.bmj.com/content/341/bmj.c4229.full.pdf>>

Erlund, I., Koli, R., Alftan, G., Marniemi, J., Puukka, P., Mustonen, P., Mattila, P., & Jula, A. (2008). Favorable effects of berry consumption on platelet function, blood pressure, and HDL cholesterol. *The American Journal of Clinical Nutrition*, vol 87, 323-330.

Garden-Robinson, J. "What Color is Your Food? Taste a rainbow of fruits and vegetables for better health". 2009.



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