

Eat a rainbow – of fruits and vegetables!

Improve your health by adding colorful fruits and vegetables to your meal! A diet high in fruits and vegetables lowers your risk of chronic health problems including cardiovascular diseases and certain cancers. Also, there is growing scientific evidence that fruits and vegetables can help in weight control and weight loss. To lose weight, a person must eat fewer calories than she or he expends through physical activity. People often find it hard to limit portion sizes and total number of calories because they still feel hungry and not satisfied after eating. Research shows that people get full by the *amount of food* they eat, not the *number of calories* they take in. Cut calories and still feel full by increasing the amount of vegetables or fruit you eat; they contain high amounts of water and fiber compared to other types of foods.

Adults should eat at least 1.5 cups of fruit and 2.5 cups of vegetables every day, and the recommended amounts increase if you have a moderately or very active lifestyle. Men need about .5 cup more of each per day than women.

To get all of the vitamins and minerals you need, eat a wide variety of brightly and deeply colored fruits and vegetables.

Red foods can protect against cancers and colds and promote heart, eye, and bone health. Some good examples are strawberries and tomatoes (fresh, cooked, canned, and in tomato sauces).

Green leafy vegetables such as spinach, kale, mustard and collard greens, Brussels sprouts and lettuces are important for a healthy heart and blood pressure, and for good vision. The darker the leaf, the more nutritious it is. Other good choices are avocados, broccoli and kiwi.

Deep orange foods such as oranges, carrots, pumpkins, sweet potatoes, squash, cantaloupe, yellow and orange peppers (red ones too) provide cancer protection and are necessary for good vision and strong immune system, teeth, gums, and skin.

Try for a rainbow of colors every day!

Adapted from www.fruitsandveggiesmatter.gov and www.cdc.gov/healthyweight/healthy_eating

Recipe of the Week

Apple Crisp 8 servings

5 large apples, peeled and sliced and sprinkled with orange or lemon juice

1/2 cup flour

3/4 old-fashioned rolled or quick rolled oats

2/3 cup brown sugar

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

1/3 cup margarine with no hydrogenated oils (Smart Balance or Promise Buttery Spread)

Heat oven to 350 degrees.

Spray large baking dish. Put sliced apples in dish. Combine remaining ingredients in a bowl. Mix together till crumbly with hands or a fork.

Sprinkle topping over apples.

Bake till apples are soft, about 25 minutes.

Nutrition information:

Calories: 206

Carbohydrates: 37 grams

Total Fat: 7 grams

Saturated fat: 1.5 grams

Dietary Fiber: 3 grams

Protein: 2 grams

Tip of the Week

Choosing music for your walk, run or workout? Go for up-tempo music! People exercising to faster music worked harder and were more motivated than when they listened to slower music.

www.well.blogs.nytimes.com