

ColorBook

AN OVERVIEW



FRUITY, VEGGY AND YOU

do you know?

EAT PLENTY

Joseph Stallini
editor

Vegetables and fruits are an important part of a healthy diet, and variety is as important as quantity. No single fruit or vegetable provides all of the nutrients you need to be healthy. Eat plenty every-day. A diet rich in vegetables and fruits can lower blood pressure, reduce risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar which can help keep appetite in check.



One to four cups of vegetables or fruits for each day

Most experts say that if you're eating a healthy diet and don't have an underlying health conditions that interferes with your body's ability to absorb nutrients from your food, you generally shouldn't need to take supplements. The same vitamins and minerals are often available in food. We've listed several popular supplements, and suggested a food that you should eat instead.

Eating Vegetables Provides Health Benefit



The nutrients in vegetables are vital for health and maintenance of your body and soul. Being on a diet rich in vegetables and fruits may reduce risk for stroke, cancer, heart diseases and type-2 diabetes. Fruits and vegetables are an excellent source of carbohydrates and aid in disease prevention, Eat a variety of types colors of produce in order to give your body the mix of nutrients it needs. Try dark leafy greens; brightly colored red, yellow and orange vegetables and fruits and cooked tomatoes.



Rich in vitamins, nutrients, antioxidants, fiber, and water, it's hard to understand how so many can resist that gorgeous nutritional profile. But the hard facts tell us that less than 30% of us - that's 7 out of every 10 Americans - are failing to meet the recommended 5 a day

VITAMINS AND MINERALS ARE NATURAL SUBSTANCES found in a wide range of foods

Vitamin A stimulates new cell growth, keeps cells healthy and can help vision in dim light. Vitamin A is found in vegetables such as pumpkin, carrots, kumara, spinach and broccoli.



ESSENTIAL TO MAINTAIN a healthy body and spirit

Vitamin B releases energy from food, and is good for the nervous system. Green vegetables contain Vitamin B.

Vitamin C is used in tissue repair, helps the immune system by fighting against infection and helps health in general. Vitamin C also helps iron in food to be absorbed. Capsicums and parsley are excellent sources of Vitamin C with significant amounts in broccoli, Brussels sprouts, cabbage, cauliflower, spinach, radishes, peas, beans, asparagus. Potatoes, turnips, tomatoes,

kumara, spring onions, lettuce and leeks also contain Vitamin C. Vitamin K helps blood clot. Turnips, broccoli, lettuce, cabbage, asparagus, watercress, peas and green beans have Vitamin K.



Enter in The 12 Healthy Habits. We're not asking for a revolution. Just a few small and very simple changes to make you eat better, feel better, and create an overall new sense of well-being. Step one: Eat more Fruits & Veggies. Yes, we are actually asking you to eat more of something. How often do you get to hear that? Here are 12 simple ways to get you eating veggies and fruits today. Rich in vitamins, nutrients, antioxidants, fiber, and water, it's hard to understand how so many can resist that gorgeous nutritional profile. But the hard facts tell us that less than 30% of us - that's seven out of every ten Americans - are failing to meet the recommended 5 A Day.



The supplement chain GNC announced that it plans to overhaul its quality control systems with new high-tech testing. The move comes after an investigation by the New York Attorney General that revealed the quality of supplements is highly variable, and many pills do not contain the ingredients they say they do or contain other ingredients that may not be on the label. We applaud those of you who are trying to get vitamins and minerals in your diet, as this likely means you're also health-conscious and thoughtfully considering your food choices. In doing so, many of you are buying vitamins from the exploding supplement industry in this right way.

Eating a diet with plenty of fruits and vegetables has been linked to improved health, and for good reason. Veggies and fruits (both fresh and frozen) are loaded with vitamins, minerals, fiber, and antioxidants, which have been shown to protect against chronic diseases such as heart disease and cancer. They are also low in calories, making them a great choice for your waistline.

Choosing a colorful assortment of vegetables is best, as different benefits exist in the different color spectrum. The orange pigment found in carrots, pumpkin, and sweet potatoes, for example, contain the antioxidant beta-carotene. The deep red pigment found in tomatoes contain the antioxidant lycopene, which is linked with prostate health.



And for some great news, here are two food groups where you can eat a large portion and not have to worry about weight gain. Just watch your portion of starchy veggies such as corn and potatoes.

With so much of a focus on eating low - carbohydrate diets, as a practicing nutritionist, I often get asked by my clients, "Will I gain weight if I eat too many fruits such as watermelon?"



THE ANSWER IS NO!

IN FACT, QUITE THE CONTRARY. THEY ARE ALSO LOW IN CALORIES, MAKING THEM A GREAT CHOICE FOR YOUR WAISTLINE.

AND, THEY ARE GOOD FOR YOUR HEALTH.



Healthy TIPS

It is best to eat your fruits and vegetables from whole foods. Popping a pill -- such as taking a beta-carotene supplement -- does not do the trick. Fresh and frozen vegetables offer a combination of many health benefits that you will not find in a pill. So, remember to chew!!

People who eat fruit and vegetables as part of their daily diet have a reduced risk of many chronic diseases. USDA's MyPlate encourages making half your plate fruits and vegetables.

Vegetables are important part of healthy eating and provide a source of many nutrients, including potassium, fiber, folate (folic acid) and vitamins A, E and C. Options like broccoli, spinach, tomatoes and garlic provide additional benefits, making them a superfood!