



On the Menu: WEEK FIVE

5

YOUR RECOMMENDATIONS FOR WEEK FIVE ARE:

- 1 Read the following articles of interest:
 - The Colors of Your Health: Yellow and Orange
 - Unusual, Unique and Uncommon Facts About Fruits and Veggies
 - Preparation and Preservation Tips

- 2 Complete the following activities for Week five:
 - Focus on consuming yellow and orange fruits and vegetables.
 - Complete your daily tracking log, striving to eat five to 10 servings of fruits and vegetables daily.

- Select at least one of the "Take Home Tips" to try that may help you meet your goal.
- Try one new fruit and vegetable.
- Consider trying one of the delicious recipes provided in this packet.



Daily Tracking Log

My goal for Week five is to eat _____ servings of fruits and vegetables each day.

Check off each serving of fruit and vegetable you eat each day. Strive to add one serving each day until you meet your goal. If you consistently meet your goal, work on increasing variety and color.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
TOTAL #	TOTAL #	TOTAL #	TOTAL #	TOTAL #	TOTAL #	TOTAL #
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

MY AVERAGE SERVINGS PER DAY ARE:

inside

- 2 Yellow/Orange Every Day
- 3 Unique and Uncommon Facts
- 4 Preparation and Preservation Tips
- 5 Recipes to Try



HIGHMARK[®]
BLUE SHIELD
An Independent Licensee of the Blue Cross and Blue Shield Association

COLOR your PLATESM

newsletter | week five

The Colors of Your Health » YELLOW/ORANGE

"Eating a carrot a day is like signing a life insurance policy."

— Irena Chalmers, *The Great Food Almanac*

Colorful fruits and vegetables provide the wide range of vitamins, minerals, fiber and phytochemicals your body uses to maintain good health and energy levels, protect against the effects of aging, and reduce the risk of cancer, heart disease and other chronic conditions. Because many phytochemicals and other health-promoting compounds found in fruits and vegetables are associated with their color, it's essential to sample a complete color palette every day for optimal health benefits.

This week's color palette is **YELLOW/ORANGE**. Yellow and orange fruits and vegetables are packed with nutrients and phytochemicals. Many yellow and orange fruits and vegetables are high in fiber, vitamins C and A, folate, potassium and the antioxidants carotenoids and bioflavonoids.

Carotenoids have been widely researched for their antioxidant activity. The antioxidant activity of carotenoids may protect against heart disease by preventing the oxidation of fats that leads to a build-up of cholesterol in the arteries. In addition, carotenoids protect against oxidative damage caused by ultraviolet light, which helps to maintain eye health and prevent macular degeneration and cataracts.

The bioflavonoid, quercetin, is a powerful antioxidant that is being studied for its possible link to fighting Alzheimer's disease by protecting brain cells against oxidative stress and neural damage.

Beta carotene is converted into vitamin A by the body. Vitamin A is important for growth, supporting the immune system and maintaining normal vision. Beta carotene was one of the first phytochemicals to receive media attention.

Studies suggest that choosing **YELLOW/ORANGE** fruits and vegetables as part of a healthy diet and lifestyle may help to:

- lower risk of some cancers
- reduce risk of macular degeneration and cataracts
- preserve vision health
- maintain heart health and prevent cholesterol build-up
- support a healthy immune system



Yellow/Orange Every Day



newsletter | week five

Choose Yellow/Orange fruits and vegetables every day.

They say that carrots are good for your sight...

And help you to see quite well at night...

It's due to the vitamin A punch that they pack...

Quite hard to believe for the calories they lack.

Yellow apples

Apricots

Buttercup squash

Butternut squash

Cantaloupe

Carrots

Golden kiwi

Golden raisins

Hubbard squash

Grapefruit

Lemon

Mangoes

Nectarines

Oranges

Papayas

Peaches

Persimmons

Pineapples

Tangerines

Pumpkin

Rutabagas

Spaghetti squash

Summer squash

Sweet potatoes

Yams

Yellow beets

Yellow bell peppers

Yellow figs

Yellow pears

Yellow tomatoes

Yellow watermelon

Yellow winter squash

Yukon gold potatoes

take home tips

1. Roast yellow and orange peppers and add to salads or sandwiches.
2. Stir finely grated carrot into peanut butter for a yummy sandwich spread.
3. Use Yukon gold potatoes in place of all-purpose potatoes for potato salad, mashed potatoes or homemade potato chips.
4. Keep assorted varieties of carrots on hand to add to recipes or salads—shredded carrots, baby carrots, sliced carrots, diced carrots and whole carrots.
5. Pumpkins are more for just carving Jack-o-lanterns, they make a delicious soup.
6. Ripen peaches and nectarines by placing them in a paper bag. As peaches and nectarines ripen, they produce ethylene gas, which is a natural ripening hormone. A loosely closed paper bag keeps ethylene gas close to the fruit for more effective ripening, while allowing the fruit to “breathe” to prevent shriveling.





Unusual, Unique and Uncommon Facts About Fruit and Veggies

- Bananas are the most popular fruit in America, with Americans eating an average of 33 pounds of bananas per person each year!

- Strawberries are the most popular berry in the United States, while mangos are the world's most popular fruit.



- There is no such thing as a baby carrot. The popular bagged “baby carrots” are cut from a special variety of carrots that produces thin stalks.
- The winner of an athletic event in ancient Greece was given a bunch of celery.
- While many people say that corn is their favorite vegetable, corn is really a member of the grass family, which makes it a grain, not a vegetable.
- Grapes are one of the oldest cultivated fruits, and more grapes are produced worldwide than any other fruit.
- On a warm spring day, asparagus spears can grow up to several inches!
- Carrots were first cultivated in Afghanistan in the seventh century. Earliest records show that carrots were purple, while later records show they were red, yellow and white. Carrots have only been orange since the 16th century.

- To keep the newly invented radar a secret during World War II, rumors were spread that the air crews' night vision had been enhanced by eating large quantities of carrots.

- Kiwi is more than 700 years old and began in China.
- Broccoli has been around for over 2,000 years and was a favorite food of the ancient Romans. Americans eat about four and one-half pounds of broccoli per year.

- Peaches have been grown since prehistoric times. Only one gene separates a nectarine from a peach... the fuzzy gene.
- The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air—hence the saying, “cool as a cucumber.”
- There are 200 tiny seeds on every strawberry. Strawberries are the only fruit that have seeds on the outside.



- Astronaut John Glenn ate the first meal in space when he ate pureed applesauce squeezed from a tube aboard *Friendship 7* in 1962.
- Mushrooms have no chlorophyll, which is why they do not need sunshine to grow and thrive.
- One portabella mushroom has more potassium than a banana.

- Research shows that only 43% of homemade dinners served in the United States include vegetables.



- Over 1,200 varieties of watermelon are grown in over 96 countries worldwide.
- After living in France, Thomas Jefferson was the first to introduce eggplant to the United States.
- Iceberg lettuce is the second most popular vegetable in the United States.
- Plum trees grow on every continent except Antarctica.
- Yams and sweet potatoes are nutritionally quite different. A yam contains no vitamin A, while one sweet potato contains four times the daily requirement for vitamin A—more than any other vegetable.
- It takes about 18 months to grow one pineapple.
- Iceberg lettuce contains more water than watermelon—about 96% compared to 88-91%.
- The Gettysburg Address is 286 words and the Declaration of Independence is 1,322 words. But government regulations on the sale of cabbage total 26,911 words.
- There are at least 10,000 varieties of tomatoes.
- Egyptians used onions to alleviate over 8,000 ailments.



Preparation and Preservation Tips



- Invest in a salad spinner. Spin your greens dry before tossing them into a salad. Spun-dried greens keep better. For longer lasting storage, store leafy greens in a cotton “greens keeper” bag to preserve freshness.
- Don’t cut leafy greens with a metal knife. Tear or use a special plastic lettuce knife available at cooking supply stores.
- Wrap high water content vegetables in paper towels for longer storage. Replace the damp paper towels every day or two.
- Paper bags help prevent shrivel by holding in the humidity produced by fruit in respiration during ripening. Plastic bags allow for a buildup of moisture on the surface of the fruit, which may hasten decay.
- Ask your store’s produce manager for delivery days so you can get the best quality.
- Vegetables that are characteristic color, shape and size generally have the best taste and texture.
- Purchase produce at varying degrees of ripeness if you plan to only shop weekly.
- It’s best to feel for ripeness rather than shaking or tapping. Generally, produce that is too soft is too ripe. If it is too hard, it is not ripe enough. The sniff test works well with certain fruits like peaches and melons.

- Grade means quality. U.S. Fancy means top grade, while U.S. No. 1 is the most common designation. U.S. No. 2 and U.S. No. 3 mean lower quality.
- Shop seasonally. For great-tasting produce, buy in season when the fruit and vegetable varieties are at their peak. For example:

Summer:	apricots, blueberries, blackberries, cherries, eggplant, green beans, hot peppers, melon, peaches, plums, peppers, tomatoes and zucchini
Fall:	apples, broccoli, Brussels sprouts, cauliflower, collards, grapes, kale, pears, persimmons, pumpkins and winter squash
Winter:	beets, cabbage, carrots, citrus fruits, Daikon radishes, onions, rutabagas, parsnips and turnips
Spring:	asparagus, green onions, leeks, lettuces, new potatoes, peas, radishes, rhubarb, spinach, strawberries, sugarsnap peas, and watercress

Cranberry Buttercup Squash

- 1 medium buttercup or acorn squash
- 1 tablespoon lite whipped butter
- Dash salt
- Dash ground black pepper
- 2 teaspoons dark brown sugar
- 2 tablespoons dried cranberries
- 2 tablespoons sliced toasted almonds or pecans



Pierce squash in several places. Place on a microwave-safe plate and microwave on HIGH for 6 minutes. Turn squash over and microwave for 5 to 8 minutes more or until squash is soft to touch. Let stand for a few minutes to finish cooking.

Cut squash in half and scoop out seeds. Place on serving dish.

Divide margarine, salt, pepper, brown sugar, cranberries and almonds between squash halves. Serve immediately. Makes 2 servings.

Nutrition Facts: Calories 172, Protein 3 gm, Carbohydrate 28 gm, Dietary Fiber 1.5 gm, Fat 6.5 gm, Saturated Fat 1.5 gm, Sodium 168 mg

Winter Vegetable Soup

- 2 tablespoons olive oil tub margarine
- 1 medium onion, sliced
- 2 cups diced carrots (fresh or frozen)
- 1-1/2 cups rutabaga, peeled and diced
- 1 medium potato, unpeeled and diced
- 2 large parsnips, peeled and diced
- 2 cups (low sodium) vegetable broth
- 1 bay leaf
- 1 tablespoon cornstarch
- 1-1/2 cups 1% milk
- 1/2 cup evaporated skimmed milk
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground black pepper
- 1/4 teaspoon ground white pepper
- 1 cup frozen petite green peas, thawed



Coat a large saucepot with non-stick cooking spray. Add margarine and melt over medium heat. Add onion, carrots, rutabagas, potatoes and parsnips. Reduce heat, cover and cook over low heat for 10 minutes. Add broth and bay leaf and simmer for 30 minutes.

In a small bowl, blend cornstarch with a small amount of 1% milk, then add to soup. Pour remaining 1% milk and evaporated milk into soup and heat, stirring until soup thickens. Do not boil. Remove bay leaf and season with salt and pepper.

Stir in green peas and simmer over low heat to heat peas. Adjust seasonings. Makes 4 servings (about 2 cups per serving).

Nutrition Facts: Calories 244, Protein 11 gm, Carbohydrate 38.5 gm, Dietary Fiber 8 gm, Fat 5.5 gm, Saturated Fat 1 gm, Sodium 650 mg

Green and Gold Salad

- 1 large papaya
- 1 avocado
- 1 head romaine lettuce, washed and torn into pieces
- 1/4 cup canola oil
- 1/4 cup tarragon vinegar
- 2 tablespoons honey
- 1/2 tablespoon lime juice
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon dry mustard
- 1 teaspoon minced onion
- 1/4 teaspoon paprika



Peel papaya and cut into cubes. Reserve the seeds. Cut avocado in half lengthwise around the seed; rotate the halves to separate. Remove the seed by sliding the tip of a spoon gently underneath and lifting out. Scoop out the avocado meat with a spoon and slice. Place papaya and avocado slices into a large bowl filled with romaine.

In a blender, combine oil, vinegar, sugar, lime juice, salt, pepper, dry mustard, minced onion and paprika into blender and blend thoroughly. Add 1-1/2 tablespoons papaya seeds and blend until seeds are the size of coarsely ground pepper. Pour a desired amount of dressing over salad and toss to combine. Makes 8 servings.

Nutrition Facts: Calories 145, Protein 2 gm, Carbohydrate 12 gm, Dietary Fiber 3 gm, Fat 11 gm, Saturated Fat 1 gm, Sodium 145 mg

Romaine, Orange & Jicama Salad

- 1 head romaine lettuce, washed and torn into pieces
- 3 green onions, chopped
- 2 oranges, peeled and diced
- 1 large yellow bell pepper, seeded and diced
- 1 jicama, peeled and julienned
- 1 small sweet onion, finely chopped
- 2 cloves crushed garlic
- 1/2 cup fresh chopped basil
- 1/4 cup seasoned rice wine vinegar
- 1/4 cup olive oil
- 1 tablespoon honey
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 tablespoons sunflower seeds, optional



In a large salad bowl, combine romaine, green onions, oranges, pepper and jicama. Toss well and set aside.

In a food processor or blender, combine onion, garlic, basil, vinegar, oil, honey, salt and black pepper. Process until blended.

Before serving, pour dressing over salad and toss. Sprinkle with sunflower seeds, if desired. Makes 6 servings.

Nutrition Facts: Calories 211, Protein 5 gm, Carbohydrate 25 gm, Dietary Fiber 10 gm, Fat 12 gm, Saturated Fat 2 gm, Sodium 105 mg

Honey-Roasted Root Vegetables

- 1 large sweet potato, scrubbed and cut into cubes
- 2 medium turnips, scrubbed, peeled and cut into cubes
- 2 medium parsnips, scrubbed, peeled and cut into cubes
- 3 medium carrots, scrubbed and cut into cubes
- 2 medium sweet onions, cut into cubes
- 2 tablespoons honey
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper



Combine all ingredients in a large bowl and toss to coat. Place vegetable mixture on a jelly-roll pan or shallow baking pan coated with nonstick cooking spray. Bake at 450° F for 35 minutes or until vegetables are tender and begin to brown. Stir every 15 minutes. Makes 8 servings (1/2 cup per serving).

Nutrition Facts: Calories 125, Protein 2 gm, Carbohydrate 23 gm, Dietary Fiber 5 gm, Fat 4 gm, Saturated Fat 1 gm, Sodium 170 mg