



On the Menu: WEEK FOUR

4

YOUR RECOMMENDATIONS FOR WEEK FOUR ARE:

1 Read the following articles of interest:

- The Colors of Your Health: Red
- Stocking Your Kitchen to Get 10
- More Tips for More Fruits and Veggies

2 Complete the following activities for Week four:

- Focus on consuming red fruits and vegetables.
- Enter in your serving goal for Week four. 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 four is to eat _____ servings of fruits and vegetables each day.

Check off each serving of fruits and vegetables you eat each day. (each circle represents one serving)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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TOTAL #	TOTAL #	TOTAL #	TOTAL #	TOTAL #	TOTAL #	TOTAL #

MY AVERAGE SERVINGS PER DAY ARE:

inside

- 2 Red Every Day
- 3 Stocking Your Kitchen
- 4 Tips for Breakfast, Lunch, Dinner or On the Go
- 8 Recipes to Try



COLOR your PLATESM

newsletter | week four

The Colors of Your Health » RED

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 **RED**. Red fruits and vegetables are packed with nutrients and phytochemicals. Many red fruits and vegetables are high in vitamins C and A, potassium and the phytochemicals lycopene, anthocyanins, ellagic acid, phenols and pectin.

Lycopene is a carotenoid that gives tomatoes, watermelon and many other fruits and vegetables their red color. Lycopene is a strong antioxidant and helps to protect against the development of cancer, atherosclerosis, macular degeneration and other chronic diseases. Anthocyanins inhibit enzymes that cause inflammation, and ellagic acid is also an antioxidant. Studies suggest that these powerful phytochemicals help protect the brain from age-related decline. Phenols, which are found in red fruits like cranberries, raspberries and strawberries, are linked to cholesterol reduction and other heart-protective benefits. Phenols are also associated with

urinary and digestive tract health. The pectin contained in many red citrus fruits is a soluble fiber that lowers cholesterol levels.

As with other phytochemicals, researchers believe that many of the health-promoting compounds found in red fruits and vegetables work interactively. Despite inconclusive evidence on the benefit of this phytochemical in supplement form, sales of lycopene supplements continue to soar into the millions, annually. A wiser investment would be to purchase more red fruits and vegetables and include them in your diet every day. Always choose food first.

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

- lower risk of some cancers
- reduce risk of macular degeneration
- maintain heart health and reduce cholesterol
- protect the brain from age-related decline
- maintain memory function
- preserve urinary and digestive tract health



Choose **Red** fruits and vegetables every day.

Are **tomatoes** a vegetable...

Or are they a **fruit**?

If it's **red**, then it's good for you

So the point is quite moot

Red apples

Blood oranges

Cherries

Cranberries

Dried cherries

Dried cranberries

Pomegranates

Radicchio

Red grapes

Radishes

Red grapefruit

Red grapefruit juice

Red bell peppers

Red onions

Red pears

Red plums

Red potatoes

Red raspberries

Red romaine lettuce

Rhubarb

Strawberries

Tomatoes (all forms)

Watermelon

take home tips

1. Add chopped radicchio to your dark green leafy salads, or purchase bagged lettuce mixtures that contain radicchio.
2. Substitute the red varieties of bell peppers, onions and potatoes in recipes that called for traditional "white" versions.
3. Look at your grocery cart and ensure you have lots of red color before leaving the produce section.
4. Top homemade pizza with lots of sliced tomatoes, red bell peppers and red onion.
5. Sliced red pear, strawberries, dried cranberries, pomegranate seeds and red grapes make delicious additions to a mixed greens salad. Dress with a low-fat vinaigrette.
6. Keep a bag of dried cranberries or cherries handy for a quick, sweet snack.
7. Stock your freezer with frozen strawberries and raspberries to add to fruit smoothies.






Stocking Your Kitchen to Get 10

Achieving the goal of consuming five to 10 servings of fruits and vegetables daily requires a well-stocked kitchen. It's essential to develop good shopping habits to maintain an adequate supply of your favorite fruits and vegetables. Take advantage of seasonal items or special sales to stock up and save money. Plan one to two trips to the grocery store each week to restock fresh produce, or buy fresh produce at different degrees of ripeness. Be sure to store fresh produce properly for longer preservation.

There are many time-savers available in the grocery store to help you meet your fruit and vegetable goals without spending too much time in the kitchen. Look for fruits and vegetables that are already chopped, diced, shredded or partially prepped, available in the fresh produce, canned goods and freezer sections.

IN THE REFRIGERATOR	IN THE FREEZER	IN THE PANTRY
<p>Seasonal fresh fruit: <i>Apples, apricots, cherries, grapes, nectarines, peaches, pears, plums</i></p> <p>Fresh lemons and limes</p> <p>Seasonal fresh vegetables: <i>Asparagus, assorted bell peppers, broccoli, Brussels sprouts, cauliflower, green and purple cabbage, green beans</i></p> <p>Baby carrots</p> <p>Shredded matchstick carrots</p> <p>Broccoli coleslaw</p> <p>Cherry or grape tomatoes</p> <p>Fresh tomatoes</p> <p>Shredded coleslaw mix</p> <p>Romaine or other leaf lettuce</p> <p>Fresh baby spinach</p> <p>Whole fresh and sliced mushrooms</p> <p>Carrot, tomato and vegetable juices</p> <p>Fresh garlic</p> <p>Ginger root</p> <p>Assorted fresh herbs</p> <p>Fresh salsa</p> <p>Mirepoix vegetable mixtures</p>	<p>Assorted frozen fruit: <i>Frozen raspberries, blueberries, ripe bananas, peach slices, mixed berries, mango slices</i></p> <p>Assorted frozen vegetables: <i>Frozen carrots (whole, sliced, diced), broccoli spears, cauliflower, green beans (whole, cut, French-cut), green peas, chopped spinach, lima beans, Brussels sprouts</i></p> <p>Assorted frozen vegetable blends</p> <p>Frozen pepper-onion stir-fry</p> <p>Frozen diced onions</p> <p>Frozen diced green peppers</p> <p>Frozen diced carrots</p>	<p>Bananas</p> <p>Raisins and prunes</p> <p>Dried apricots and cranberries</p> <p>Dried blueberries and cherries</p> <p>Assorted onions (red, white and sweet)</p> <p>Diced green chilies</p> <p>Assorted canned vegetables</p> <p>Assorted canned unsweetened fruit: <i>Peaches, pears, mandarin oranges, mango, papaya, fruit cocktail, pineapple</i></p> <p>Red skin potatoes</p> <p>Yukon gold potatoes</p> <p>Other potato varieties</p> <p>Sweet potatoes or yams</p> <p>Assorted winter squash</p> <p>Assorted canned beans: <i>Black, kidney, cannellini, chick peas or pinto beans, lentils</i></p> <p>Assorted dried beans: <i>Lima, pinto, great northern, navy</i></p> <p>Assorted dried lentils: <i>Red, yellow or black</i></p>



More Tips to add More Fruits & Veggies

BREAKFAST:

- Top your favorite hot or cold cereal with fresh or dried fruit.
- Make a fruit-yogurt parfait.
- Keep frozen fruit on hand to make a fruit smoothie for a quick breakfast.
- Drink a glass of tomato or vegetable juice. Or keep 6-ounce cans in your refrigerator to grab and go.
- Choose only pasteurized, 100% fruit juice but watch portions. Use a 6-ounce juice glass.
- Top toast, pancakes or waffles with fruit sauces made from rhubarb, apples, pears, peaches or mangoes. Cook fresh or frozen fruit for 20 to 30 minutes, uncovered, over medium heat. Sweeten as desired using a sugar substitute or a small amount of sugar and flavor with ground cinnamon, allspice, ginger or nutmeg.
- Make a vegetable omelet or a vegetable breakfast wrap. Sauté your favorite chopped vegetables (onions, peppers, mushrooms, etc.), scramble an egg or egg substitute and roll-up in a whole grain wrap for homemade fast food version of breakfast-by-the-hand.
- Toast a whole grain pita half and stuff with peanut butter, a sliced banana and dried cranberries. Delicious!
- Make a PBJ quesadilla. Spread peanut butter on a whole wheat tortilla. Microwave for 30 to 45 seconds or until peanut butter is bubbly. Spread with apricot 100% fruit spread and sprinkle with chopped apricots. Roll up and enjoy.



LUNCH:

- Pack a variety of finger-food fruits and vegetables such as apple wedges, orange segments, grapes, baby carrots, broccoli spears, sugarsnap peas or cherry tomatoes.
- Take advantage of seasonal produce for cost savings.
- Put several layers of tomatoes, lettuce and other vegetables on your favorite sandwich and open wide!
- Stuff a pita sandwich with sliced cucumbers, tomatoes, alfalfa sprouts and greens.
- Ask for all the available veggies—lettuce, tomatoes, onions, peppers, yellow peppers, etc.—at your favorite sub shop. Ask them to add extras.
- Spin some extra lettuce at dinner time to save for a lunch salad.
- Ask for a side salad or fresh fruit in place of other sides, when eating out.
- Fill up a fruit basket for your desk rather than a candy jar. Be sure to include fruits at varying degrees of ripeness.
- Every Monday, take an entire week's worth of fruit into the office for snacks.
- Stock your desk drawer with a variety of dried fruit.
- Keep a 6-pack of unsweetened fruit cups or fruit sauce in your desk for emergencies.
- Speak with the vending company about stocking fresh or dried fruit in the vending machines.
- Ask the employee cafeteria to fill half your plate with vegetables.
- Add a can of vegetables to your can of soup.
- Bring a piece of fresh fruit to eat along with your frozen dinner.



DINNER:

- Begin your meal with a large salad.
- Prepare enough vegetables to fill half your plate with salad or cooked vegetables.
- Fresh, frozen, cooked, raw, canned or salad versions... they're all good. Use a variety to prevent boredom.
- To prevent salad burnout, change salad dressings frequently and use different varieties of lettuce.
- Caramelize vegetables and take them from humdrum to fabulous.
- Add more vegetables to your favorite entrées such as lasagna, casseroles and pasta dishes. Keep your freezer stocked with diced onions, peppers and carrots for quick preparation.
- Take advantage of pre-prepped shredded, cut and diced fresh vegetables available in the produce section of your favorite grocery store.
- Save time chopping vegetables for soups, casseroles and garnishes by purchasing mirepoix vegetables sold in the produce section. (Mirepoix is a mixture of finely chopped onions, peppers, celery and carrots used in recipes.)
- Cut up a fresh fruit salad to serve with dinner.
- Serve sweet potatoes, winter squash, turnips, rutabaga, jicama, red potatoes and other vegetable roots and tubers instead of pasta, rice and other refined starchy sides.
- Bake apples, peaches, pears or bananas for dessert. Sweeten as desired using a sugar substitute, maple syrup or a small amount of brown sugar. Sprinkle with ground cinnamon, allspice, ginger or nutmeg.
- Experiment with new recipes that emphasize fruits and vegetables. Or renovate your old recipes to boost the fruit and vegetable content.
- Discover some of the many cookbooks that specialize in fruits and vegetables to help you reach your five to 10 servings a day goal.
- Request an extra serving of vegetables in place of bread, rice or potato as a side dish when dining out.





ON THE GO:

- In place of candy, choose dried fruit, which you can easily pack in a bag and take on the road.
- Make a trail mix from your favorite bite-size whole grain cereal, assorted dried fruit and nuts. Make sure you use equal amounts of each ingredient to ensure you get a full serving (or two) of fruit.
- If you must do fast food, get a basic sandwich and ask to add extra lettuce, tomato slices, pickles and onions.
- If you can pay 65 or 75 cents for a candy bar at the local convenience store, paying 50 cents for a banana or apple is a nutritional bargain!



Quick 'n Easy Marinara Sauce

- 1 tablespoon extra virgin olive oil
- 1 medium onion, chopped
- 2 cloves crushed garlic
- 8 ounces sliced fresh mushrooms
- 1 cup matchstick carrots
- 2 celery ribs, finely chopped
- 1 large green bell pepper, seeded and diced
- 1 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried basil
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 teaspoon granulated sugar
- 1 can (28-ounce) chopped tomatoes
- 1 can (6-ounce) tomato paste



Coat a large saucepot with non-stick cooking spray. Add oil and heat. Add onion, garlic and mushrooms. Sauté for 2 minutes. Add carrots, celery and green pepper. Cover and continue cooking until vegetables are tender.

Add herbs, seasonings, sugar, tomatoes and tomato paste. Stir to combine. Cover, reduce heat and simmer for 10 to 15 minutes. Adjust seasonings. Makes 4 cups or 8 servings (1/2 cup per serving).

Nutrition Facts: Calories 70, Protein 3 gm, Carbohydrate 12 gm, Dietary Fiber 3 gm, Fat 2 gm, Saturated Fat trace, Sodium 325 mg

Radish Dip

- 1/2 cup plain non-fat yogurt
- 1/2 cup lite sour cream
- 2 cup radishes, cut in half
- 1/4 cup reduced-fat mayonnaise
- 1/4 teaspoon hot sauce or to taste
- 1/4 teaspoon salt
- 1/4 teaspoon onion powder
- 1/8 teaspoon ground black pepper



Drain yogurt using a cheese cloth or a colander lined with paper towels. Let set for 20 to 30 minutes. Place in a medium bowl and stir in sour cream. Set aside.

In a food processor or blender, coarsely chop radishes, pulsing several times.

Add mayonnaise, hot sauce, salt, onion powder and pepper. Pulse several times or until well combined. Add to yogurt mixture; stir well. Cover and chill to blend flavors. Garnish with a sliced radish, if desired.

Serve with assorted cruciferous vegetables such as broccoli, cauliflower and kohlrabi. Makes 1-1/2 cups dip (1/4 cup per serving).

Nutrition Facts: Calories 30, Protein 2 gm, Carbohydrate 3.5 gm, Dietary Fiber 1 gm, Fat 1 gm, Saturated Fat trace, Sodium 160 mg, Calcium 50 mg

Red Salad

- 1 head red romaine lettuce
- 1/4 cup pecans, chopped
- 1/4 cup crumbled goat cheese
- 1/4 cup dried cranberries
- 2 red pears, cored, seeded and sliced
- 1/4 cup seasoned rice wine vinegar
- 1/4 cup canola oil or extra virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground white pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder



Wash and chop romaine lettuce and place in large bowl. Toast pecans in microwave for about 1 to 2 minutes or until aromatic. Add goat cheese, cranberries, sliced pears and pecans to salad bowl and toss to combine.

In a small bowl or dressing jar, combine vinegar, oil and seasoning to taste. Toss salad and serve. Makes 8 servings.

Nutrition Facts: Calories 137, Protein 3 gm, Carbohydrate 9 gm, Dietary Fiber 3 gm, Fat 10 gm, Saturated Fat 2 gm, Sodium 87 mg

Time-Saving Tip:

Make your own reduced sodium seasoning mix by combining 1/4 cup salt, 1/4 cup ground white pepper, 1/4 cup onion powder and 1/4 cup garlic powder in a spice container. Use this mixture to season your favorite recipes.

Grape Apple Waldorf Salad

- 2 large red delicious apples, unpeeled, cored and cut into cubes
- 1/2 cup red grapes, cut in half
- 1/4 cup diced celery
- 1/4 cup chopped pecans, toasted
- 2 tablespoons apple juice
- 2 tablespoons plain non-fat yogurt
- 2 tablespoons reduced fat mayonnaise



In a small bowl, combine juice, yogurt and mayonnaise. Stir with a wire whisk until smooth. Set aside.

Combine cubed apple, grapes, celery and pecans in a medium bowl. Pour dressing over mixture and toss well. Makes 4 servings (approximately 1/2 cup per serving).

Nutrition Facts: Calories 90, Protein 1 gm, Carbohydrate 16 gm, Dietary Fiber 3 gm, Fat 3 gm, Saturated Fat 0.5 gm, Sodium 50 mg

Tomato Potato Salad

- 6 large red potatoes
- 2 cups grape tomatoes, cut in half
- 1 small red onion, chopped
- 1/4 cup fresh chopped cilantro
- 1-1/2 teaspoons ground cumin
- 1 clove crushed garlic
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground white pepper
- 1/2 cup lite sour cream
- 1/4 cup reduced-fat mayonnaise



Wash and scrub potatoes. Remove any blemishes. Place potatoes in a large saucepot with about 3 inches of water. Cover and bring to a boil over high heat. Reduce heat to medium-low and continue cooking for 20 to 40 minutes or until potatoes are tender. Drain and let cool.

Cut potatoes into cubes when cool. Do not peel. Set aside. Wash tomatoes and cut in half.

In a large bowl, combine chopped tomatoes, onion, cilantro, cumin, garlic, salt and peppers. Add potatoes. Combine sour cream and mayonnaise and add to mixture, tossing gently to coat. Makes 8 servings (approximately 3/4 cup per serving).

Nutrition Facts: : Calories 116, Protein 3 gm, Carbohydrate 20 gm, Dietary Fiber 3 gm, Fat 3 gm, Saturated Fat 0.5 gm, Sodium 230 mg

Baked Apples with Cranberries

- 1/2 cup Splenda® sugar substitute
- 1 tablespoon cornstarch
- Pinch ground cinnamon
- Pinch ground nutmeg
- 1-1/2 cups apple cider or apple juice
- 1/2 cup dried cranberries
- 1 tablespoon butter
- 8 Jonagold or other red baking apples



Combine Splenda, cornstarch, cinnamon and nutmeg in a medium saucepan. Stir in cider and dried cranberries. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, for 10 to 15 minutes or until cranberries are tender and cider mixture is reduced. Stir in butter until melted.

Remove cores from apples. Peel 1-inch around tops. Place apples in a baking pan coated with nonstick cooking spray. Fill centers with fruit. Spoon remaining mixture over apples.

Bake uncovered at 350° F for about 45 minutes or until apples are tender when pierced with a fork. Makes 8 servings.

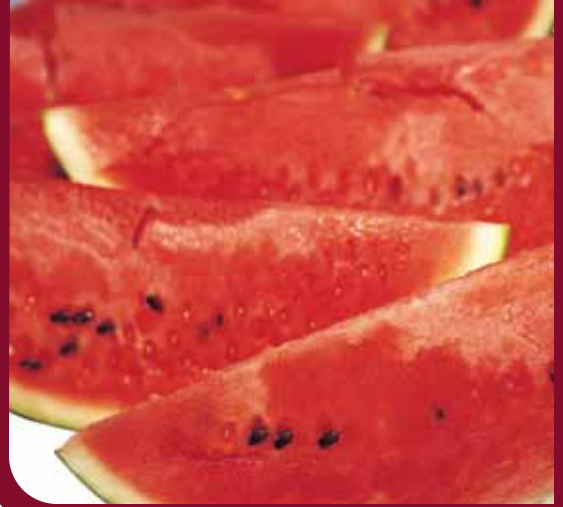
Nutrition Facts: Calories 116, Protein trace, Carbohydrate 27 gm, Dietary Fiber 4 gm, Fat 2 gm, Saturated Fat 1 gm, Sodium 16 mg

Watermelon Gazpacho Salad

- 3 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- 1 tablespoon honey
- 1/2 teaspoon salt
- 4 cups watermelon cubes
- 1 medium English cucumber, diced
- 1 medium red bell pepper, seeded and chopped
- 1/2 small red onion, finely chopped
- 1 clove crushed garlic

Optional: 1/2 medium jalapeno pepper,
seeded and minced

1/4 cup fresh chopped fresh parsley



Whisk together lime juice, oil, honey and salt in a small bowl. Set aside.

Combine watermelon, cucumber, red pepper, onion, garlic, jalapeno and parsley in a large bowl. Stir to blend. Pour prepared dressing over mixture and toss to combine. Refrigerate for a couple of hours to blend flavors. Makes 6 servings.

Nutrition Facts: Calories 97, Protein 1 gm, Carbohydrate 13 gm, Dietary Fiber 2 gm, Fat 5 gm, Saturated Fat 1 gm, Sodium 180 mg

Creamy Fruit Smoothie

1/2 cup plain or lite strawberry yogurt

1 cup frozen strawberries or raspberries

1 cup lite or 100% cranberry-raspberry juice

Honey or sugar substitute, to taste



Combine all ingredients in a blender; blend until smooth. Makes 1 serving.

Nutrition Facts: : Calories 147, Protein 6 gm, Carbohydrate 31 gm, Dietary Fiber 4 gm, Fat 1 gm, Saturated Fat trace, Sodium 74 mg