



On the Menu: WEEK THREE

3

YOUR RECOMMENDATIONS FOR WEEK THREE ARE:

1 Read the following articles of interest:

- The Colors of Your Health: Green
- Super Foods: Cruciferous Vegetables
- A Safe Kitchen
- Storage Times for Fruits and Vegetables

2 Complete the following activities for Week three:

- Focus on consuming green fruits and vegetables.
- Enter in your serving goal for week three. 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 three 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 Green Every Day
- 3 Cruciferous Vegetables
- 4 Take Home Tips
- 5 A Safe Kitchen
- 6 Storage Time
- 8 Recipes to Try



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COLOR your PLATESM

newsletter | week three

The Colors of Your Health » GREEN

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 **GREEN**. Green fruits and vegetables are packed with nutrients and phytochemicals. Dark green vegetables are excellent sources of folic acid (vitamin B is needed during pregnancy to reduce the risk of neural tube defects in the fetus). Vitamins E and K, and minerals like calcium, magnesium, manganese, iron and potassium are also found in dark green vegetables. Studies associated with the DASH Diet (Dietary Approaches for Stopping Hypertension) have shown that diets rich in these minerals promote blood pressure control. Folic acid is also associated with maintaining cognitive (i.e., mental) functioning as we age.

Green fruits and vegetables are rich in the phytochemicals lutein and indoles. Lutein is strongly associated with vision health and the prevention of macular degeneration and other age-related vision changes. While nutritionists have always recommended daily consumption of dark green

vegetables for their unique vitamin contributions, researchers now also recommend daily dark green vegetable consumption for their contributions to vision health.

Indoles are found in cruciferous vegetables such as broccoli, cauliflower, cabbage and Brussels sprouts. Indoles help protect against breast cancer and prostate cancer. Cruciferous vegetables also contain a health-promoting compound called sulforaphane. Sulforaphane has been found to have cancer-fighting properties and may also be associated with gastrointestinal health.

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

- lower risk of some cancers
- maintain vision health
- reduce risk of cataracts and macular degeneration
- improve blood pressure control
- prevent neural tube defects
- maintain cognitive functioning
- promote strong bones and teeth



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

If **spinach** makes you strong...

And **broccoli** prevents cancer ...

What are you waiting for?...

Green is the answer!

Arugula
Artichokes
Asparagus
Avocados
Basil
Beet greens
Bok choy
Broccoflower
Broccoli
Broccoli rabe
Brussels sprouts
Chinese cabbage
Collard greens
Green beans

Green cabbage
Celery
Cucumbers
Dandelion greens
Endive
Green apples
Green bell pepper
Green grapes
Green onions
Green peas
Green pears
Honeydew melon
Kale
Kiwi

Limes
Leafy greens
Leeks
Lettuce
Mustard greens
Okra
Parsley
Romaine lettuce
Snow peas
Sugarsnap peas
Spinach
Swiss chard
Watercress
Zucchini

take home tips

1. Make a nutritional powerhouse salad and combine romaine lettuce with other dark green leafy vegetables instead of the nutrient-sparse iceberg lettuce.
2. Experiment with recipes that use large amounts of basil or parsley such as pesto, couscous and tabouli.
3. Double the amount of vegetables used in casserole recipes.
4. Experiment with different types of cabbages for your favorite stir-fry recipe.
5. Make stews instead of soups and pack your kettle with loads of green vegetables.
6. Save preparation time by using frozen chopped dark green vegetables in recipes.
7. Put several layers of dark greens on your sandwiches—not just one leaf.



Cruciferous Vegetables

What is the fuss about cruciferous?

Is it really all that good for us?

Cauliflower, broccoli and cabbage galore

So many options, and never a bore!

Nutrition Powerhouses

While all green fruits and vegetables are important for optimal health, the cruciferous vegetables (i.e., cabbage-family plants) have been shown to be nutrition powerhouses for their potential cancer fighting power. They get their name from their four-petal flowers, which look like a crucifer, or cross.



Cruciferous vegetables, such as broccoli, cauliflower, cabbage and Brussels sprouts, contain: fiber, antioxidant vitamins (vitamin C and beta carotene), phytochemicals and other plant compounds that are associated with lower cancer risk. Isothiocyanates, indoles and sulforaphane, which

are present in cruciferous vegetables, help promote the destruction and excretion of potentially cancer-causing substances.

Sulforaphane is responsible for the sulfur-like odor of cruciferous vegetables, which some people find undesirable. But it's this very chemical that makes cruciferous vegetables such super foods. As broccoli and other cruciferous vegetables are digested, they release sulforaphane in the gastrointestinal tract. Sulforaphane increases the production of powerful enzymes that destroy cancer-causing substances in foods.

Various studies have linked cruciferous vegetable consumption (three or more servings per week) with lower prostate and breast cancer risk. They may also protect against colon and rectal cancer. However, like other studies of phytochemicals, researchers agree that it's more effective to get these important health-promoting compounds by eating the whole food. Studies involving the isolation of these compounds in the form of a nutrition supplement have not yielded the same results. Always remember... choose food first.

Enjoy a Wide Variety of Cruciferous Vegetables

Arugula
Bok choy
Broccoli
Broccoflower
Broccoli sprouts
Brussels sprouts
Cabbage
Cauliflower

Chinese cabbage
Collard greens
Daikon radishes
Green cabbage
Horseradish
Kale
Kohlrabi
Mustard greens

Nappa cabbage
Purple cabbage
Radishes
Rutabaga
Savoy cabbage
Turnips
Turnip greens
Watercress

Take Home Tips

Incorporating cruciferous vegetables into your diet is easy, delicious and aroma friendly. Just follow these easy tips:

1. Select young, tender cruciferous vegetables—they are better tolerated.
2. Choose baby florets over tough stalks for improved tolerance.
3. Eat cruciferous vegetables soon after you buy them—raw or cooked.
4. Cook only enough cruciferous vegetables for one meal.
5. Don't keep leftovers for more than a day.
6. Cook cruciferous vegetables quickly, just until tender-crisp.
7. Introduce cruciferous vegetables gradually to your diet to allow your digestive tract to adapt to the increased sulforaphane.
8. Drink plenty of water and exercise regularly to help prevent bloating and promote better digestive function.
9. Consider using a digestive enzyme aid to break up any excess gas that might develop until your digestive system gets used to the sulforaphane.
10. Store cruciferous vegetables in your crisper drawer and keep well-wrapped in plastic or sealed in a zip-lock bag.
11. Store cauliflower and broccoli heads stem-side up to prevent moisture from collecting.
12. Whole heads keep better than pre-cut florets or shredded versions.
13. Wash all fresh produce thoroughly before consumption.



A Safe Kitchen

Proper storage of fresh produce can affect both quality and safety. With the concerns of E. coli, listeria and hepatitis outbreaks in leafy greens, berries and other fresh produce, food safety can be a front page headline. But don't let these uncommon occurrences dissuade you from consuming more fruits and vegetables. Practice safe food storage and handling techniques, which includes proper hand washing.

At the Store

- Separate raw meat, poultry, seafood and eggs from fresh produce and other foods in your grocery cart and grocery bags. Use the plastic bags available in the meat and produce sections of the supermarket.
- Purchase only pasteurized juices.
- Go directly home after food shopping and immediately place your foods in proper storage.



Proper Storage at Home

- To maintain quality of fresh produce, certain perishable fresh fruits and vegetables (like berries, lettuce, herbs and mushrooms) are best maintained by storing in a refrigerator at a temperature of 40° F or below.
- All produce that is purchased pre-cut, bagged or peeled should be refrigerated to maintain both quality and safety.
- Experts recommend keeping produce dry to inhibit bacteria growth.

Proper Food Handling at Home

- Fresh produce has a natural protective coating that keeps in moisture and freshness. Whether produce comes from your garden or from the store, it should always be washed just before serving. Washing before storing produce will cause it to spoil faster.

- When preparing fresh produce, designate one cutting board for fresh produce and a different one for raw meat, poultry and seafood. Wash and sanitize cutting boards, dishes, utensils and counter tops with hot soapy water or a sanitizing cleanser.
- Although bagged produce items, such as spinach and lettuce, are pre-washed, additional washing is recommended prior to serving. Place greens in a colander for thorough washing.
- Some produce, such as apples and cucumbers, may have a wax coating to help retain moisture and firmness. Waxes cannot be removed by washing; however, they are not harmful if eaten due to U.S. government regulation of waxes.
- If you prefer not to consume waxes, purchase unwaxed items rather than peeling.
- Recent government data shows that almost all fresh fruits and vegetables have either no pesticide residue, or residue below established tolerance levels.
- The American Institute for Cancer Research recommends not purchasing foods from economically developing countries that do not regulate food additives, pesticides and pesticide residues. Check the label for the country of origin.
- Wash fruits and vegetables under running cold or warm tap water, rubbing briskly with your hands to remove dirt and surface germs. Scrub with a brush when appropriate.
- Don't fill your sink with water to soak produce. This method does not effectively remove dirt.
- Scrub produce with a firm skin, such as beets, mushrooms, carrots or potatoes, with a special vegetable brush and water. Be sure to periodically sanitize your vegetable brush.
- Discard the outer leaves of leafy vegetables, such as lettuce and cabbage, before washing.
- Although you don't eat the rind or skin, wash squash, citrus and melons to prevent dirt or bacteria that is on the outer surface from being transferred to the inner flesh.
- For smaller produce (like berries) or bunched produce (like grapes), place in a colander and rinse under running water. Use a spray nozzle for more thorough cleansing.

For Fruits



FOOD	REFRIGERATOR	FREEZER
Apples	1 month	8 to 12 months
Apricots	3 to 5 days	8 to 12 months
Avocados	3 to 5 days	8 to 12 months
Bananas	Not recommended	8 to 12 months
Berries	2 to 3 days	8 to 12 months
Cherries	2 to 3 days	8 to 12 months
Grapes	3 to 5 days	8 to 12 months
Grapefruit	2 weeks	4 to 6 months
Guavas	1 to 2 days	8 to 12 months
Kiwi	3 to 5 days	4 to 6 months
Lemons/limes	2 weeks	4 to 6 months
Mangoes	Not recommended	8 to 12 months
Melons	1 week	8 to 12 months
Nectarines	3 to 5 days	8 to 12 months
Oranges	2 weeks	4 to 6 months
Papayas	1 to 2 days	8 to 12 months
Peaches	3 to 5 days	8 to 12 months
Pears	3 to 5 days	8 to 12 months
Pineapples	2 to 3 days	4 to 6 months
Plantains	Not recommended	8 to 12 months
Plums	3 to 5 days	8 to 12 months

For Vegetables



FOOD	REFRIGERATOR	FREEZER
Artichokes	1 week	Not recommended
Asparagus	2 to 3 days	8 to 12 months
Beets	2 weeks	8 to 12 months
Bok choy	2 to 3 days	8 to 12 months
Broccoli	3 to 5 days	8 to 12 months
Brussels sprouts	3 to 5 days	8 to 12 months
Cabbage	1 to 2 weeks	8 to 12 months
Carrots	2 weeks	8 to 12 months
Cauliflower	1 week	8 to 12 months
Celery	1 week	8 to 12 months
Chilies	1 week	8 to 12 months
Corn	Use immediately for best flavor	8 to 12 months
Green beans	1 week	8 to 12 months
Greens (All varieties)	3 to 5 days	8 to 12 months
Jicama	2 to 3 weeks	8 to 12 months
Kohlrabi	1 week	8 to 12 months
Lettuce	1 week	Not recommended
Lima Beans	3 to 5 days	8 to 12 months
Mushrooms	1 to 2 days	8 to 12 months
Onions, green	3 to 5 days	Not recommended
Okra	1 to 2 days	8 to 12 months
Peas	3 to 5 days	8 to 12 months
Peppers	1 week	8 to 12 months
Radishes	2 weeks	Not recommended
Squash, winter	Not recommended	8 to 12 months
Squash, summer	3 to 5 days	8 to 12 months
Tomatoes	1 week	8 to 12 months
Zucchini	3 to 5 days	8 to 12 months

Source: Minch, Daryl L. Home Storage of Foods, Part 1: Refrigerator and Freezer. Rutgers Cooperative Extension Service

Tabouli

- 3/4 cup boiling water
- 1/2 cup bulgur (or quinoa*)
- 1/2 cup minced parsley
- 1/4 cup minced mint leaves
- 1/2 cup finely chopped green onion
- 1 tomato, diced
- 1 English cucumber, diced
- 3 tablespoons olive oil
- 2 tablespoons lemon juice, or to taste
- 1/2 teaspoon salt, to taste
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground white pepper
- Pinch allspice



Pour boiling water over the bulgur. Cover and let stand for approximately 20 minutes until bulgur is tender and water is absorbed. Add the chopped vegetables and toss to mix.

In a small bowl, combine oil, lemon juice, salt, peppers and allspice. Add to the bulgur mixture and mix well. Chill before serving. Makes 6 servings.

Nutrition Facts: Calories 130, Protein 3 gm, Carbohydrate 14 gm, Dietary Fiber 3 gm, Fat 8 gm, Saturated Fat 1 gm, Sodium 190 mg

* Quinoa (pronounced keen-wah) is a seed from an herb plant with grain and cereal like qualities. Quinoa is high in nutritional quality, due to its high fiber and complete protein content. It can be used in many recipes in place of rice, bulgur, or couscous. To prepare, combine 1 part quinoa to 2 parts water and simmer for 15 minutes or until tender.

Easy Caesar Salad

- 1 head romaine lettuce, washed and torn into pieces
- 1 small can sliced black olives, drained and rinsed
- 1/4 cup freshly grated Parmesan cheese
- 1/2 cup prepared Caesar-style croutons
- 1/3 cup reduced fat Caesar salad dressing



Combine lettuce, olives, Parmesan cheese and croutons in a large salad bowl. Toss with desired amount of dressing. Makes 8 servings.

Nutrition Facts: Calories 120, Protein 4 gm, Carbohydrate 7 gm, Dietary Fiber 3 gm, Fat 9 gm, Saturated Fat 1 gm, Sodium 330 mg

Easy Italian Side Salad

- 1 head romaine lettuce, washed and torn into pieces
- 6 Roma tomatoes, cut into quarters
- 1 can (4-ounces) garbanzo beans, drained and rinsed
- 1 cup canned kidney beans, drained and rinsed
- 1/2 small red onion, sliced and separated into rings
- 1/4 cup red wine vinegar
- 1/4 cup extra virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano



Wash and chop romaine lettuce and place in large salad bowl. Add tomatoes, beans and onion.

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

Nutrition Facts: Calories 120, Protein 4 gm, Carbohydrate 12 gm, Dietary Fiber 4 gm, Fat 7 gm, Saturated Fat 1 gm, Sodium 185 mg

Asparagus Medley

- 2 teaspoons olive oil
- 1 large red bell pepper, seeded and cut into thin slices
- 1 large green bell pepper, seeded and cut into thin slices
- 1 pound fresh asparagus, cut into 1-1/2-inch pieces
- 2 cloves crushed garlic
- 1/2 fresh lemon
 - Dash salt
- 2 tablespoons slivered almonds, toasted



Coat a large skillet with nonstick cooking spray. Place skillet over medium heat until hot. Add oil and heat. Add peppers, asparagus and garlic, and sauté for 3 minutes or until tender-crisp. Squeeze lemon over sautéed vegetables. Season with salt. Toss in almonds. Makes 4 servings.

Nutrition Facts: Calories 75, Protein 3 gm, Carbohydrate 7 gm, Dietary Fiber 3 gm, Fat 5 gm, Saturated Fat 1 gm, Sodium 70 mg

Garlic Green Beans

- 1 teaspoon olive oil tub margarine
- 1 clove crushed garlic
- 1 medium shallot, minced
- 1 pound fresh green beans, washed and ends removed
- Salt and black pepper, to taste



Melt margarine in a large skillet coated with non-stick cooking spray over medium heat. Stir in garlic and shallot, and cook for 1 to 2 minutes.

Add beans and cook until tender-crisp, about 5 minutes. Season with salt and pepper to taste. Makes 4 servings.

Nutrition Facts: Calories 43 , Protein 2 gm, Carbohydrate 8 gm, Dietary Fiber 3 gm, Fat 1 gm, Saturated Fat trace, Sodium 73 mg

Lemon Broccoli Salad

- 4 cups fresh broccoli florets
- 2 cups fresh cauliflower florets
- 1/2 cup water
- 1 cup matchstick carrots
- 1 small red onion, chopped
- 2 tablespoons dark raisins
- 1/4 cup toasted sunflower seeds
- 1/2 cup plain non-fat yogurt
- 2 tablespoons honey mustard
- 1 tablespoon mayonnaise
- 3 tablespoons honey
- 1/2 teaspoon grated lemon peel



In a medium casserole, combine broccoli, cauliflower and water. Cover. Microwave on HIGH for 3 to 4 minutes or until vegetables are very hot and color brightens. Rinse briefly with cold water to stop cooking. Drain well.

In a large bowl, combine broccoli, cauliflower, carrot, onion, raisins and sunflower seeds. Set aside.

In a small bowl, combine yogurt, mustard, mayonnaise, honey and lemon peel. Mix well. Stir yogurt mixture into vegetable mixture. Toss to coat. Cover salad tightly. Chill at least 4 hours or overnight to blend flavors. Makes 6 servings (approximately 1 cup per serving).

Nutrition Facts: Calories 117, Protein 5 gm, Carbohydrate 19 gm, Dietary Fiber 3 gm, Fat 4 gm, Saturated Fat trace, Sodium 155 mg