



On the Menu: WEEK TWO

YOUR RECOMMENDATIONS FOR WEEK TWO ARE:

- 1 Read the following articles of interest:
 - The Colors of Your Health: The Role of Phytochemicals
 - The Colors of Your Health: Blue/Purple
 - Count to 10 and You'll Win
 - Count Up to 10
 - Count Down to 0
- 2 Complete the following activities for Week two:
 - Focus on consuming blue and purple fruits and vegetables.
 - Complete your daily tracking log. Write in your goal for how many fruit and vegetable servings you want to consume. Health authorities recommend eating five to 10 servings of fruits and vegetables daily to improve health and reduce risk of chronic diseases. Strive to meet this health goal.
 - 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 two 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

- 3 Blue/Purple Every Day
- 4 Count to 10 and Win
- 5 Count Up to 10
Count Down to 0
- 6 Recipes to Try



COLOR your PLATESM

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The Colors of Your Health The Role of Phytochemicals

It's a well-known fact that fruits and vegetables are packed with vitamins and minerals. But did you also know that fruits and vegetables contain an extraordinary wealth of health-promoting and disease-preventing properties in the form of phytochemicals?

Phytochemicals are not nutrients. Phytochemicals (phyto is Greek for plant) are the compounds in fruits and vegetables that appear to promote better health, slow the aging process, prevent cancer and reduce disease risk.

Plants produce phytochemicals to protect themselves from disease via a protective coloring, odor, texture or taste. Researchers have identified thousands of phytochemicals in plant foods, and many appear to play a role in protecting humans against disease. Population studies have shown that people who eat more plant foods have less cancer, and laboratory studies have shown how chemical compounds in plants affect the progression of cancer and other chronic diseases.

Some nutrition experts suggest that phytochemicals are to the 21st century what vitamins were to the 20th century. The research on phytochemicals has been one of the driving forces in the movement of prevention through diet. For example, the World Cancer Research Fund and the American Institute for Cancer Research estimate that consuming at least five servings of fruits and vegetables daily (i.e., consuming a diet rich in phytochemicals) can reduce cancer risk by 20 percent.

How do phytochemicals work?

The role of phytochemicals in health and metabolism has not been precisely defined. Each phytochemical works differently, and most researchers believe that they work in a highly interactive fashion. Some of the evidence points to the following possible functions and characteristics of phytochemicals:

• Antioxidant Activity

Most phytochemicals have antioxidant activity. Antioxidants (such as isothiocyanates found in cruciferous vegetables, diallyl disulfides found in

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the colors of your health BLUE/PURPLE

Colorful fruits and vegetables provide the wide range of vitamins, minerals, fiber and phytochemicals our bodies use 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.



Many of the phytochemicals and other compounds that make fruits and vegetables good for us also give them their color. That's why it's essential to sample a complete color palette every day for optimal health benefits.

We will focus on five color palettes during Color Your Plate:

- 1 BLUE/PURPLE
- 2 GREEN
- 3 WHITE
- 4 YELLOW/ORANGE
- 5 RED

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garlic and onions, and phenolic compounds found in berries) protect cells against the oxidative damage of free radicals. Free radicals are unstable by-products of cellular metabolism and are implicated in the development of cancer, atherosclerosis, macular degeneration and other chronic diseases.

• **Hormonal Action**

Isoflavones, found in soy foods, imitate human estrogens and may help to reduce menopausal symptoms and osteoporosis. Their potential role in inhibiting cancer cell growth and division is controversial.

• **Stimulation or Interference of Enzymes**

Some phytochemicals, which stimulate enzymes that make estrogen less effective, may reduce the risk for breast cancer. Other phytochemicals may interfere with enzymes to potentially lower cancer risk.

• **Interference with DNA Replication**

Saponins, found in beans and legumes, and capsaicin, found in hot peppers, may prevent cancer cells from multiplying by influencing the replication of DNA (genetic material) in the cells.

• **Anti-bacterial Effect**

Allicin, the phytochemical found in garlic, has anti-bacterial properties.

• **Physical Action**

Some phytochemicals bind physically to cell walls, influencing the inflammatory response. Research shows that many chronic diseases begin with the inflammatory process.

Because of the overwhelming evidence of health benefits, the nutrition supplement industry has rushed to bring many phytochemicals to our stores shelves in the form of pills, powders, drinks and potions. But most experts agree that it's more effective to get these important health-promoting compounds by eating the whole food. In fact, some research has shown that supplement forms are ineffective and even harmful. Choose food first.

The presence of phytochemicals in fruits and vegetables is one more reason why we should all pack more produce into our diets. Stop looking for health in a bottle and look for the perfect package from nature. Begin with your next bite.



BLUE/PURPLE...continued from page 1

This week's color palette is **BLUE** and **PURPLE**. Blue and purple fruits and vegetables contain varying amounts of health-promoting phytochemicals known as polyphenols. Polyphenols are the most abundant antioxidants in our diets. The main classes are phenolic acids, flavonoids and anthocyanins.

Polyphenols work together with other dietary antioxidants, such as vitamin C, vitamin E and carotenoids, to protect the body's tissues against oxidative stress and related pathologies such as cancers, heart disease and inflammation. They are being studied for their antioxidant and anti-aging benefits.

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

- lower risk of some cancers
- maintain urinary tract health
- control the inflammatory response
- preserve memory function
- promote healthy aging



Blue/Purple Every Day



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Choose Blue/Purple fruits and vegetables every day.

Eggplant is purple...

Berries are blue...

By adding color to your plate...

It's good health for you.

Beets
Black grapes
Black currants
Dried blueberries
Elderberries
Purple figs
Plums
Purple cauliflower
Eggplant
Purple bell peppers

Blackberries
Blueberries
Concord grapes
Dried plums
Concord grape juice
Purple grapes
Purple cabbage
Purple carrots
Purple Belgian endive
Purple-fleshed potatoes

take home tips

1. Top your favorite whole grain breakfast cereal with a handful of dried raisins.
2. Make a fruity topping for pancakes or waffles. Mix 1 tablespoon of cornstarch, into 1/2 cup of Concord grape juice. Add berries and heat until thick. Sweeten with a little sugar or sugar substitute, as desired.
3. Make a fruit smoothie using blueberries and blackberries.
4. Top your favorite salad with pickled beets, shredded purple cabbage or purple bell peppers slices.
5. Roast beets and serve in place of other starchy sides.
6. Cube eggplant and sauté in a small amount of olive oil. Add to your favorite marinara sauce.



Reference: Polyphenols: do they play a role in the prevention of human pathologies? Tapiero H, Tew KD, Ba GN, Mathe G. Biomed Pharmacother. 2002. June;56(4):200-7.



Count to 10 and You'll Win!

There are many short-term and long-term health benefits of eating five to 10 servings of fruits and vegetables daily. Fruit and vegetable consumption has been found to be a significant factor in the risk for diabetes, heart disease, high blood pressure, stroke, metabolic syndrome, obesity and cancer. In other words, the more fruits and vegetables you eat, the lower your risk for EVERY MAJOR CHRONIC DISEASE. Talk about a great investment in your health!

Five to 10 servings can seem overwhelming, especially if your idea of green is the parsley garnish on our plate. Simply start where you are. Any improvement in your fruit and vegetable consumption is a step in the right direction. If you currently eat one to two servings per day, increase to three to four. Once you've got three to four servings mastered, work your way up to five or six. Then keep going until you meet the ultimate goal of 10. If you can't make it to 10 servings, strive to meet the minimum goal of five a day. Five are good, seven are better and 10 are best! You're a winner at every level of improvement.

In the next column are just some of the shorter-term benefits of eating five to 10 daily servings of fruits and vegetables. Add to the list as you improve your diet.

The Benefits of 10

- Feel better due to the perfect combination of vitamins, minerals, fiber and carbohydrates
- Have more energy and vitality from nature's perfect balance of simple and complex carbohydrates
- Weigh less because of fewer calories and more fiber
- Feel fuller, longer from nature's fiber content
- Control blood pressure with more potassium, phosphorus and other minerals
- Maintain a healthy gastrointestinal (GI) tract and regular GI function with more fiber and GI-loving phytochemicals
- Promote long-term eye health with vision-saving vitamins and phytochemicals
- Resist infections and illness from immune-boosting vitamins and phytochemicals
- Lower cholesterol levels with soluble fiber and phytochemicals
- Promote healthy tissues and normal healing of wounds

What benefits are you experiencing as you increase your intake of fruits and vegetables?



Count Up to 10↑

Day in the life of a fruit and vegetable eater



Breakfast	
1/4 cup dried blueberries on cereal	1
Mid-Morning Snack	
1 banana	1
Lunch	
2 cups mixed greens salad	2
1 Bartlett pear	1
Mid-Afternoon Snack	
1 cup baby carrots (about 12)	2
Dinner	
1 cup steamed broccoli	2
Evening Snack	
1 medium fresh peach	1
Total Number of Servings	10

Count Down to 0↓

Breakfast	
2 teaspoons grape jelly on toast	0
1 cherry toaster pastry	0
Mid-Morning Snack	
1 blueberry muffin	0
Lunch	
1 teaspoon ketchup on sandwich	0
1 piece of lettuce on sandwich	0
Mid-Afternoon Snack	
16-ounce bottle fruit-flavored drink	0
Dinner	
20 sour cream and chive potato chips	0
Evening Snack	
1 packet fruit snacks	0
Total Number of Servings	0



Eggplant-Tomato Casserole

- 4 small eggplants (about 2-1/2 pounds)
- 2 tablespoons olive oil
- 2 cloves crushed garlic
- 2 tablespoons all-purpose flour
- 3 cans (14.5-ounce) stewed tomatoes, undrained
- 2 teaspoons granulated sugar
- 1 teaspoon paprika
- 1/8 teaspoon ground black pepper
- 1/4 teaspoon dried basil leaves
- 1/2 cup grated Parmesan cheese



Wash eggplants; cut into 2-inch cubes. Simmer eggplant in a small amount of boiling water for 10 minutes. Drain.

Coat a large skillet with nonstick cooking spray. Add oil and heat. Add garlic and sauté until golden, about 1 minute. Remove from heat. Stir in flour, tomatoes, sugar, paprika, pepper and basil. Cook, stirring, over medium heat, until mixture boils and is thickened.

Coat a 2-quart casserole with nonstick cooking spray. Layer eggplant cubes alternately with tomato mixture. Top with grated cheese. Bake at 375° F for 30 minutes or until lightly browned. Serve over brown rice. Makes 8 servings

Nutrition Facts: Calories 245, Protein 8 gm, Carbohydrate 37 gm, Dietary Fiber 8 gm, Fat 9 gm, Saturated Fat 2 gm, Sodium 800 mg

Purple Cow Smoothie

- 8 ounces skim, or 1% milk
- 1 cup frozen blueberries
- 1/2 cup Concord grape juice
- Honey or Splenda® sugar substitute, to taste



Combine all ingredients in a blender and process until smooth. Makes 2 servings.

Nutrition Facts: Calories 119, Protein 5 gm, Carbohydrate 25 gm, Dietary Fiber 3 gm, Fat 1 gm, Saturated Fat trace, Sodium 65 mg

Berry Blue Yogurt Granola Parfaits

Granola:

- 2 tablespoons trans fat-free margarine
- 3 tablespoons honey
- 1/2 cup crunchy-style bran cereal
- 2 cups old-fashioned rolled oats
- 1/2 cup sliced almonds
- 1/2 cup roasted soy nuts
- 1/2 cup ground flax seed
- 1/2 cup dark raisins
- Nonstick cooking spray



- 2 cups fresh blueberries, blackberries, elderberries or combination
- 2 cups lite blackberry yogurt

To make granola, in small saucepan, cook margarine and honey over medium-low heat until margarine is melted, stirring to blend.

In large mixing bowl, combine cereals, nuts and flax seed; stir to mix well. Drizzle sweetened margarine over mix and toss to coat.

Coat a large baking sheet with nonstick cooking spray. Spread cereal mixture on baking sheet in a single layer. Spray mixture with light coating of nonstick cooking spray. Bake at 425° for 6 to 10 minutes or until lightly toasted. Cool before serving. Makes about 8 cups. Use 2 cups for this recipe and reserve the remaining granola for another use.

To assemble parfaits, place 1/4 cup granola in the bottom of each of 4 parfait glasses, spoon 1/4 cup yogurt into each glass and top with 1/4 cup blueberries. Repeat layering. Garnish with a mint leaf if desired. Makes 4 servings.

Nutrition Facts: Calories 245, Protein 11 gm, Carbohydrate 39 gm, Dietary Fiber 7 gm, Fat 7 gm, Saturated Fat 1 gm, Sodium 110 mg

Doubly-Good Blueberry Cup

- 1/3 cup granulated sugar
- 3 tablespoons cornstarch
- 1/8 teaspoon salt
- 1/4 cup Concord grape juice
- 4 cups blueberries, divided
- 1/3 cup Splenda[®] sugar substitute
- 1 tablespoon margarine
- 1 tablespoon lemon juice



Combine sugar, cornstarch and salt in a saucepan. Add juice and 2 cups blueberries. Cook over medium heat, stirring constantly, until mixture comes to a boil and is thickened and clear. Remove from heat, and stir in Splenda, margarine and lemon juice. Let cool.

Divide remaining 2 cups blueberries between 8 custard cups or parfait glasses. Pour cooled blueberry mixture over top. Chill. Garnish with whipped topping, if desired. Makes 8 servings

Nutrition Facts: Calories 90, Protein 1 gm, Carbohydrate 20 gm, Dietary Fiber 3 gm, Fat 2 gm, Saturated Fat 1 gm, Sodium 20 mg

Vegetable Kabobs with Garlic Sesame Sauce

- 1 medium eggplant, cut into cubes
- 1 large red bell pepper, seeded and cut into chunks
- 1 large purple bell pepper, seeded and cut into chunks
- 2 small onions, cut into quarters
- 1/2 cup apple juice
- 1/3 cup (low-sodium) soy sauce
- 2 tablespoons brown sugar
- 2 tablespoons ketchup
- 1 tablespoon cider vinegar
- 4 cloves crushed garlic
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon ground ginger
- 1 tablespoon sesame oil
- 2 tablespoons sesame seeds



Spear vegetables onto 4 large, or 8 small skewers (wooden or metal), alternating vegetables. Place kabobs in a 9 x 13-inch baking dish. Set aside.

To make marinade, combine remaining ingredients, except sesame seeds, in a small bowl. Pour marinade over prepared kabobs. Marinate for 1 to 2 hours, turning occasionally. Drain kabobs and reserve marinade. Place kabobs on a hot grill rack or under a broiler, about 6 inches from heat source. Grill or broil until vegetables are browned and slightly tender, turning once and brushing with reserved marinade.

Transfer remaining marinade to a small saucepan. Stir in 2 teaspoons cornstarch and cook over medium heat until thickened, stirring constantly. Stir in sesame seeds and pour over grilled kabobs to coat. Makes 4 servings.

Nutrition Facts: Calories 175, Protein 4 gm, Carbohydrate 29 gm, Dietary Fiber 6 gm, Fat 6 gm, Saturated Fat 1 gm, Sodium 890 mg

Roasted Beets

- 8 small or 4 medium beets
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 teaspoon garlic powder



Scrub and wash beets well, peeling off any bad spots, leaving skins on. Remove the greens, if attached.

Place beets in a shallow baking dish coated with nonstick cooking spray and toss beets with oil. Sprinkle with salt, pepper and garlic powder.

Roast beets at 450 degrees F for 20 to 25 minutes or until beets are tender when pierced with the tip of a knife. Stir once or twice during the roasting process. Drizzle with balsamic vinegar, if desired, and serve. Makes 4 servings.

Nutrition Facts: Calories 156, Protein 3 gm, Carbohydrate 17 gm, Dietary Fiber 5 gm, Fat 9 gm, Saturated Fat 1 gm, Sodium 125 mg