



# Live Healthy Georgia – Seniors Taking Charge!



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## Fruits and Veggies: More Matters™

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Fruits and vegetables are an essential part of your diet and provide many necessary vitamins and minerals for your body. Research has shown that regular consumption of fruits and vegetables may help prevent several chronic diseases. Summer is a great time to include fruits and vegetables at every mealtime because an abundance of fresh produce is available at the store and local farmer's markets.

It is recommended that you get **7 to 9 servings a day (4-4 ½ cups)**, which may seem like a lot at first, but there are many different ways to get in the recommended amount at each meal. **1 cup of fruit** equals 1 cup sliced, diced, or mashed fruit; small apple; 2 large plums; 1 large banana/orange etc. **1 cup of vegetables** equals 1 cup cooked or raw chopped veggies; 2 cups raw leafy greens; 1 ear of corn; 2 medium carrots; 1 large sweet potato; 2 celery stalks etc. To get a healthy variety, think of the rainbow and try to eat fruits and vegetables of all colors (red, orange, dark green, yellow/green, and blue/ purple).

### Health benefits of fruits and veggies

- May reduce risk for heart disease and stroke
- May reduce risk for developing type 2 diabetes
- May protect against certain cancers (mouth, stomach, and colon-rectum)
- May reduce risk of developing kidney stones and help decrease bone loss
- Helps lower calorie intake

### Reasons for disease prevention

- Most fruits and vegetables are low in fat, sodium, and calories. None have cholesterol.
- Fruits are good sources of potassium, which helps maintain blood pressure.
- Fiber, which is found in high amounts of certain fruits and vegetables, helps lower cholesterol and may reduce the risk of heart disease. Fiber also reduces constipation and diverticulosis.
- Vitamin C, found in most fruits and vegetables, is important for repair of tissues, helps heals



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cuts, and keeps teeth and gums healthy.

- Vitamin E, also found in several fruits and vegetables, is an antioxidant, which protects cells against oxidation.

## Ways to add more fruits and vegetables to your diet

- Slice a banana into your breakfast cereal and have a 4 oz. glass of 100% fruit or vegetable juice
- Have as snacks: applesauce cup, 6 baby carrots, or ¼ cup of dried fruit (all equal 1 serving)
- Load salads with vegetables instead of meat and cheeses; try vegetable wraps or soups
- Add grated carrots or zucchini to pasta sauces and meat loafs
- Add vegetables to lasagna and create “rainbow lasagna”
- Try meat dishes that incorporate fruit, such as chicken with apricots or mango chutney
- Make a Waldorf salad with apples, celery, and walnuts
- Try spaghetti squash instead of pasta topped with your favorite sauce and diced vegetables
- For desserts, have berries or peaches with frozen yogurt
- Try applesauce as a substitute for oil when baking cakes

## \*\*Recipe Corner\*\*

### Raspberry Smoothie (Serves 2)

#### Ingredients:



- 1 banana, cut into chunks
- 1 cup orange juice
- ½ cup vanilla low-fat or nonfat yogurt
- ½ cup frozen raspberries

#### Directions:

- Combine all ingredients in a blender and mix until smooth.

Calories 172, fat 1.3 g, protein 4.5 g,  
carbohydrate 38 g, fiber 1.1 g

### Roasted Asparagus with Lemon Vinaigrette (Serves 4)

#### Ingredients:

- ¾ lb fresh asparagus
- 3 Tbsp olive oil, divided
- ¼ tsp black pepper
- ½ tsp salt
- ½ tsp Dijon mustard
- ½ lemon, juiced



#### Directions:

- Preheat oven to 400°. Toss asparagus with 2 Tbsp olive oil, salt, and pepper and spread stalks out on a baking sheet in a single layer. Roast until tender, but still firm and moist, about 10-12 minutes.
- Meanwhile make vinaigrette in a small bowl. Whisk mustard and lemon juice and slowly drizzle in 1 Tbsp olive oil, whisking quickly.
- Toss asparagus with vinaigrette and transfer to a serving platter.

Calories 115, fat 7 g, protein 2 g,  
carbohydrate 4 g, fiber 2 g