



Live Healthy Georgia— Seniors Taking Charge Eat Right with Color



March 2011 Newsletter
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March is National Nutrition Month! An easy way to remember to eat healthy is to put a colorful variety of fruits, vegetables, whole grains, lean proteins and dairy on your plate every day. This month and all year, the American Dietetic Association encourages you to add colors and nutrients to your meals.

Why colors?

- Choosing foods with different colors helps ensure you get a wide variety of nutrients.
- Colorful foods make your meals more visually appealing.
- A variety of colorful fruits and vegetables bring new flavors to your meals.

In this newsletter, we will focus on choosing colorful fruits and vegetables.

Green

Green fruits and vegetables contain antioxidants, which are important in keeping our bodies healthy and preventing certain cancers. Green produce also may help promote healthy vision. Examples of green fruits and vegetables are avocados, apples, grapes, honeydew, kiwis, asparagus, broccoli, green beans, green peppers,

spinach, romaine lettuce, and other leafy greens.

Orange and Deep Yellow

Orange and deep yellow fruits and vegetables can help promote healthy vision and immunity. They can also lower the risk of certain cancers. Examples include apricots, cantaloupe, grapefruit, mango, papaya, peaches, pineapple, carrots, yellow peppers, yellow corn, and sweet potatoes.

Purple and Blue

Purple and blue fruits and vegetables also contain antioxidants and may have anti-aging benefits. These fruits and vegetables may help with memory and promote urinary tract health. They may also lower your cancer risks. Examples include blackberries, blueberries, plums, raisins, eggplant, purple cabbage, and purple-fleshed potatoes.

Red

Red fruits and vegetables may help keep your heart, vision, and immunity healthy. They may also lower your cancer risks. Examples include cherries, cranberries, pomegranates, red or pink grapefruits, red grapes, watermelon, tomatoes, beets, red onions, red peppers, red potatoes, and rhubarb.

White, tan, and brown

White, tan, and brown fruits and vegetables may keep your heart healthy and lower cancer risks. Examples are bananas, brown pears, dates, white peaches, cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potatoes, and white corn.

How can I include more colorful fruits and vegetables in my meals?

Try these tips!

- Add a variety of vegetables to your pizza.
- Make a smoothie with low-fat milk, frozen strawberries, and a banana.
- Try crunchy vegetables with your favorite dip, instead of chips.
- Make colorful, seasonal fruit and vegetable salads!
- Keep ready-to-eat sliced fruits and vegetables in your fridge for when you are in a hurry.
- Keep dried fruits in your desk drawer for a healthy snack.
- Add vegetables such as spinach and zucchini to lasagna, pasta sauce, potatoes, and rice dishes.
- Try a new vegetarian recipe, like the one to the right!

References:

- 1) ADA. Let color be your guide to nutritious meals and eat right with color during national nutrition month. Version current 1 February 2011. Internet:
<http://www.eatright.org/Media/content.aspx?id=6442462270> (accessed 24 February 2011).
- 2) ADA. 20 ways to enjoy more fruits, vegetables, whole grains, and dairy. Version current 2009. Internet:
<http://www.eatright.org/WorkArea/linkit.aspx?LinkIdentifier=id&ItemID=6442451676&libID=6442451672> (accessed 25 February 2011).
- 3) Self Magazine. Vegetable and chickpea ragout. Internet:
<http://www.self.com/fooddiet/recipes/2009/10/vegetable-chickpea-ragout> (accessed 28 February 2011).

Vegetable and Chickpea Ragout

Adapted from Self Magazine

Serves 2

Ingredients:

- 1 can (14.5 oz) diced tomatoes
- 1 cup canned chickpeas, rinsed and drained
- 1 medium-sized onion, diced
- 2 cloves garlic, diced
- 1/4 cup broccoli, diced
- 1/4 cup red pepper, diced
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 1/8 teaspoon red pepper flakes
- 4 artichoke hearts in water, drained and quartered
- 1/2 cup frozen peas
- 1/4 cup sliced black olives
- 1/2 cup whole-wheat penne, cooked
- 1/4 cup fresh basil, chopped



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Preparation:

1. Heat olive oil in a heavy-bottomed pan. Add the onion and garlic; cook on high for 3 minutes, stirring occasionally.
2. Add the broccoli and red pepper. Cook for 3 more minutes, or until the vegetables are browned and tender.
3. Add the vegetables from the pan into a medium pot. Add the tomatoes, chickpeas, salt, oregano, pepper, pepper flakes and 1/2 cup water and simmer in a medium pot until liquid reduces by half, about 20 minutes.
4. Add artichokes, peas and olives; cook 10 minutes more.
5. Toss with cooked pasta and basil and enjoy!

Nutrition Facts: 380 calories per serving, 6.4 g fat (0.7 g saturated), 69 g carbs, 15 g fiber, 14 g protein