

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

MAY 14, 2018

ADDING MORE FRUITS AND VEGETABLES TO YOUR DAILY DIET!

PEGGYANNE HAD AN EXCELLENT IDEA LAST WEEK...IN LIEU OF A "NO!" FOOD, LET'S EAT (AT LEAST) THREE SERVINGS OF VEGETABLES A DAY. HOW DID YOU DO???

I JUST READ A REPORT THAT STATED AMERICANS ARE, ON AVERAGE, EATER FEWER SERVINGS OF VEGETABLES A DAY THAN EVER BEFORE. ARE YOU KIDDING ME?! KINDERGARTNERS LEARN THE "FIVE A DAY" RULE! SPECIFICALLY, ONLY 55.9% OF US ARE EATING FIVE OR MORE SERVINGS A DAY AT LEAST FOUR DAYS OUT OF THE WEEK. HOPEFULLY, 100% OF EVERYONE IN THIS ROOM IS GETTING THAT MANY SERVINGS SEVEN DAYS A WEEK! WITH THAT IN MIND, LET'S REVIEW SOME "EAT MORE PRODUCE!" SUGGESTIONS TONIGHT!

1. Get at least 5 servings a day...but the more, the merrier! So, what constitutes a serving? One serving is actually a fairly small amount of food! For instance, a serving of fresh fruit is about the size of a tennis ball – or the size of your fist. A single serving of veggies varies, according to what it is: one serving of green leafy vegetables (one cup) is approximately the size of a baseball. A serving of cooked vegetables is  $\frac{1}{2}$  cup, or the size of a computer mouse.
2. Keep fruits and vegetables in plain sight. When you bring them home from the store, turn them into fast food! If you have a plate of green pepper strips on the top shelf of your refrigerator, you'll be more likely to munch on them while you're waiting for (or preparing) supper.
3. You probably know that it's wiser to eat a piece of fruit than to drink fruit juice. Maybe you happen to have some juice in your frig. You could dilute it with no-cal sparkling water and have a nice refreshing summer beverage. You could also freeze it to make popsicles, which would be a fun way to get a serving of fruit.
4. When you have leftover vegetables from supper, puree them to add to soups, sauces or even meat patties. This adds nutritional value without affecting the flavor or texture of a familiar dish.
5. I usually like my raw veggies naked, but sometimes a dip is just what you need to make vegetable sticks a little more appealing. In order to avoid defeating the purpose of eating the vegetables, try something like a pico de gallo or a (controlled amount!) of hummus or guacamole. There are benefits to eating each one of those items, and any one of them are certainly more beneficial than a traditional sour cream or cream cheese-based dip.

A veggie recipe I really like is roasted chick peas: drain/rinse a can of chick peas, a.k.a. garbanzo beans. Let them dry on a tea towel. Place in a 9 X 11; spray lightly with olive oil Pam (or drizzle with oil). Add some sea salt and cayenne pepper; roast at 400 degrees for 15 minutes. Stir and roast for 15 more minutes. Let cool and enjoy!

6. Experiment with beans, peanut butter, and some soy products as meat replacements.
7. In the mood for something a little different for breakfast? Throw a handful of frozen fruit, a cup of milk (fat free or 1%, it goes without saying!) and a frozen banana in the blender. I've also found that if you like greens added to your smoothie, a little peanut butter will cover the bitter taste.
8. Are you a hot oatmeal fan? Try stirring some applesauce into it; yum!
9. Packing your lunch-or visiting the salad bar at Kroger? Instead of buying a bag of chips, grab an orange. Your belly will thank you!
10. Do you find you need a more substantial snack than a container of yogurt? Slice up a banana and spoon the yogurt over the slices. In fact, anytime you want to make something sweeter and creamier think of this underrated fruit!
11. Check out the variety of fruit available to us these days. Seriously, it's something we should take advantage of...and if it's too pricey, watch for it to go on sale. Star fruit, guava and kumquats might not ever be your favorite thing, but it's a fun way to get variety in your diet.
12. If you're asked to bring a dessert to a carry in, try making a fruit salad. You could even be a sport about it and bring a container of fat free Cool Whip!
13. Mangoes have been on sale a lot lately...it's an excellent reason to make that pretty mango/black bean salsa recipe, which I'm handing out tonight!
14. Dried fruit is handy for a snack at your desk. Just don't forget portion control!
15. Ask your server to substitute your potato (or whatever the starch is!) for the vegetable of the day. This isn't easy, believe me. I'm a carb lover. However, it is shorts season! This concept could even be applied to a fast food restaurant (which I don't recommend frequenting in the first place!): order a salad instead of the fries.
16. When grapes go on sale, buy an extra bunch or two and throw them in the freezer. These make a really good snack and (even for me, the fastest eater in Ohio!) they last a little bit longer!

17. You should have a V-8! And yes, better make it low sodium-it's a nice pick-me-up and it's thick and tasty so 35 calories for 6 ounces is a bargain!
18. Chopped frozen spinach is a staple at my house. I add it to eggs or egg whites; soups, stews and casseroles; and pasta dishes. This stretches the volume, adds the super power of the king of veggies (seriously! I saw it on the internet the other day!) and barely adds any calories.
19. Who doesn't love a burger on the grill! Try substituting either a portobello mushroom or a veggie burger this summer.
20. Don't forget (red!) pasta sauce is a great way to get a serving of vegetables.
21. Using one of the convenient box (or freezer) meals for a quick supper? You can improve it by adding some vegetables. You're not only increasing the volume, but you're also adding to the nutritional value! For instance, a box of frozen broccoli cuts and a can of sliced water chestnuts is a yummy addition to an Asian meal.
22. How about thinking "veggie" when you gussy up a frozen pizza? Mushrooms and olives are a natural, but think outside the box: broccoli cuts, chopped spinach, zucchini slices - and, coming soon! Fresh tomatoes!!!
23. Dessert, anyone??? A super easy recipe for avocado – chocolate mousse: Blend (either in a food processor or blender) a couple ripe avocados, 1/3 cup honey or maple syrup, ½ cup cocoa powder, 1/3 cup milk, and a pinch of salt. Refrigerate for a couple hours. Rich and delicious! Also much lower in fat than regular chocolate mousse!

