

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

MARCH 25, 2019

TASTE A RAINBOW!

THE GROCERY STORE ISN'T MY IDEA OF A GOOD TIME-BUT IT IS A NECESSARY EVIL FOR ALL OF US! I ALWAYS FIGURED THAT THE PRODUCE SECTION IS IN THE FRONT - SO YOU CAN START AT THE BACK OF THE STORE & SAVE THE BEST FOR LAST!

INTENSE COLORS INDICATE THAT FRUITS & VEGETABLES ARE PACKED WITH GOOD NUTRITION: VITAMINS, MINERALS & ANTIOXIDANTS. WHEN EXPERTS RECOMMEND THAT YOU EAT FIVE A DAY, THEY ALSO HOPE THAT YOU PAY ATTENTION TO COLOR.

YOU ALREADY KNOW THAT USING VARIETY AS A GUIDELINE WHEN PLANNING YOUR MEALS IS MORE SATISFYING THAN EATING THE SAME THING OVER & OVER. BECAUSE EACH FOOD HAS A SPECIAL BLEND OF NUTRIENTS, EATING A RANGE OF FOODS EACH DAY IS A GREAT WAY TO GET ALL THE IMPORTANT SUBSTANCES YOUR BODY NEEDS. HERE'S WHAT THE COLORS OF FRUITS & VEGETABLES CAN MEAN FOR YOUR HEALTH:

GREEN THESE FOODS CONTAIN FOLIC ACID, VITAMIN C & POTASSIUM. THINK OF SPINACH, AVOCADO, PEPPERS & BROCCOLI.

YELLOW FOODS SUCH AS GRAPEFRUIT, PAPAYA, PINEAPPLE, YELLOW PEPPERS & BANANAS ARE LOADED WITH VITAMIN C AND POTASSIUM.

ORANGE FOODS CONTAIN VITAMINS A & C. TRY SWEET POTATOES, CARROTS, MANGOES, ORANGES & APRICOTS.

RED FOODS LIKE STRAWBERRIES, TOMATOES, RASPBERRIES AND CRANBERRIES ARE FULL OF VITAMIN C.

THINK "COLOR!" IN THE PRODUCE AISLE & TRY SOMETHING NEW!

WHAT ARE SOME IDEAS FOR FITTING MORE FRUITS AND VEGETABLES INTO YOUR DIET? SOME OF US ARE LUCKY ENOUGH (?) THAT WE LIKE EVERYTHING! SOME FOLKS JUST HAVE TO FAKE IT TILL THEY MAKE IT! HOW MANY SERVINGS DID YOU HAVE TODAY?

- 1. USE VEGETABLES TO ADD BULK TO INDIVIDUAL FOODS & MEALS.** Fill out a turkey wrap with roasted red peppers (water packed); rely on sliced mushrooms, chopped frozen spinach, & diced onions to add volume to omelets, & shred carrots & zucchini into tomato sauce. If you have one of those fancy "zoodlers," you can make your own pasta with veggies!
- 2. PLAN FOR MEALS THAT INCLUDE LOTS OF VEGETABLES.** Try chicken fajitas, shrimp & vegetable kabobs or a tofu stir-fry. How long has it been since you've served Swiss steak?

3. **KEEP SMALL PACKAGES OF DRIED FRUIT IN YOUR DESK DRAWER OR CAR.** For nutrient-dense, midday pick-me-ups, look for ½ ounce boxes of raisins or divide a large pack of dried apricots among small plastic bags.
4. **PURCHASE PREPACKAGED LOW-FAT STIR-FRY MEALS.** Find those that contain vegetables, sauce & seasonings in your supermarket's freezer section. Simply cook with the lean protein of your choice. So quick & easy!
5. **THINK OF FRUIT AS A DESSERT.** Top yogurt & ice cream with blueberries, halved seedless red grapes or diced bananas. Or, top a low-calorie brownie with sliced strawberries & nonfat whipped topping.
6. **DRINK YOUR FRUIT.** Whip up (low cal!) smoothies by blending together fruit, low-fat yogurt & ice.
7. **KEEP FRESH, CUT-UP VEGETABLES IN THE REFRIGERATOR FOR BETWEEN-MEAL SNACKING.** Enjoy celery sticks with mango-peach salsa or sugar snap peas dipped into roasted red-pepper flavored hummus.
8. **RELY ON SALAD BARS TO GET FRESH, READY-TO-EAT VEGETABLES IN A HURRY.** Buy sliced peppers, broccoli & onions for a stir-fry or diced tomatoes & spinach for a last minutes omelet or frittata.
9. **DON'T BE AFRAID TO MIX YOUR FRUITS & VEGETABLES.** Toss diced apples into a salad instead of fatty croutons, and consider adding dried fruit to give your salad texture and a color boost. Crushed pineapple added to coleslaw is another idea!
10. **THINK PAST LETTUCE & TOMATO FOR YOUR SANDWICHES.** Wash a cucumber and slice it with the skin still on. It's good and crunchy. I add a little salt. Avocado or peppers slices work well for this, too.
11. **GET OUT THE GRILL!** It's just about that time of year...try fruits and/or vegetables on the grill. Great as a side dish, you can also use the fruit for dessert. The heat kind of carmelizes the natural sugar. Yum!

A FEW COLORFUL, EASY, & INEXPENSIVE RECIPES TO TRY!

CARMELIZED CUMIN-ROASTED CARROTS

YIELD: 6 SERVINGS, AROUND 100 CALORIES & 4 GRAMS OF FIBER PER SVG

NONSTICK VEGETABLE OIL SPRAY

12 MEDIUM TO LARGE CARROTS, PEELED & CUT INTO ½-INCH-THICK PIECES

2 TBSP EVOO

1-1/2 TSP CUMIN SEEDS

2 TSP KOSHER SALT

- PREHEAT OVEN TO 400. SPRAY LARGE RIMMED BAKING SHEET WITH NONSTICK SPRAY.
- COMBINE CARROTS & REMAINING INGREDIENTS IN LARGE BOWL; TOSS TO COAT. SPREAD IN SINGLE LAYER ON PREPARED BAKING SHEET. ROAST CARROTS UNTIL TENDER & LIGHTLY CARMELIZED, TURNING OVER ONCE, 35 - 40 MINUTES.

OVEN ROASTED FROZEN BRUSSELS SPROUTS

YIELD: 8 SERVINGS, 96 CALORIES / SVG, 3 G FIBER

24 OZ. FROZEN BRUSSELS SPROUTS

¼ CUP AVOCADO (OR ANY!) OIL

¼ TSP BLACK PEPPER

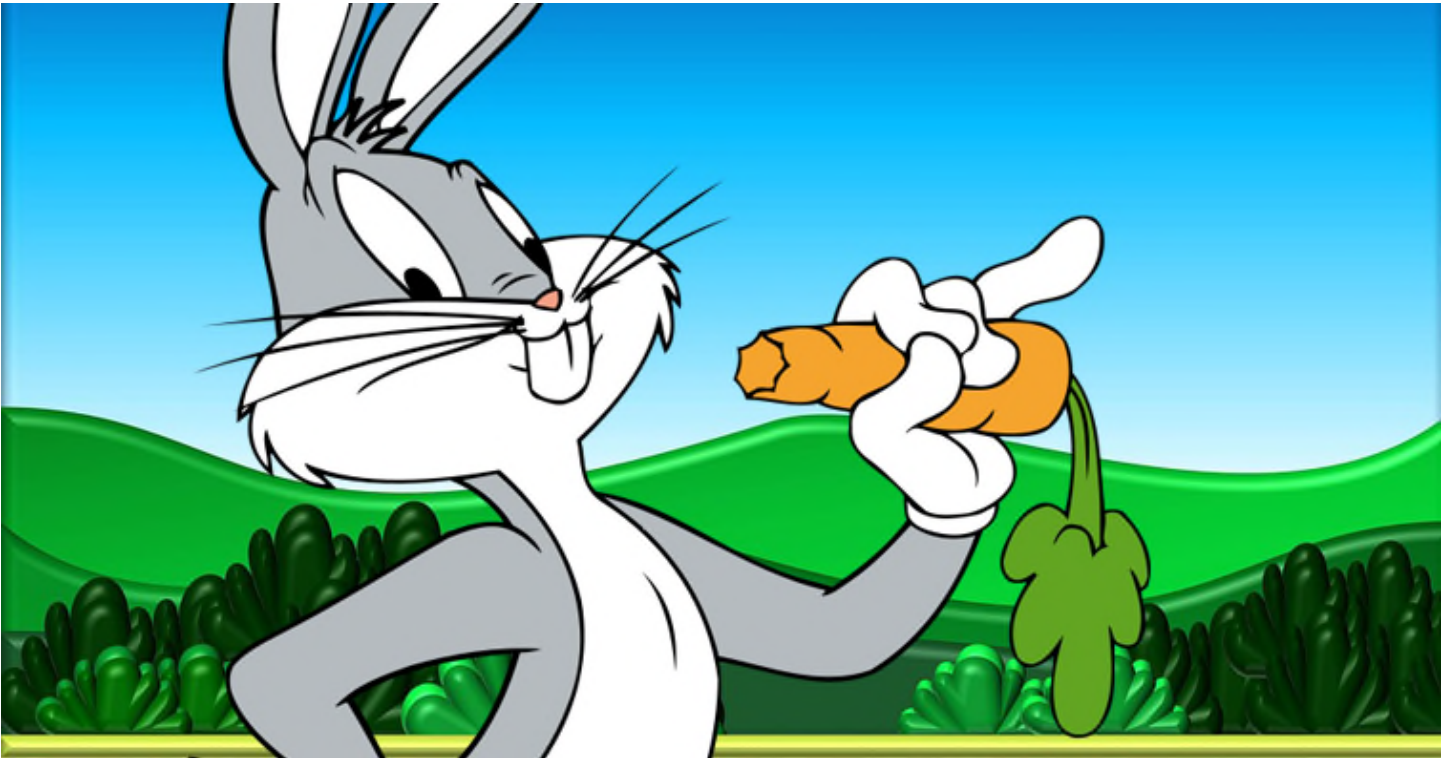
½ TSP SEA SALT (DIVIDED)

- PREHEAT OVEN TO 400 DEGREES. LINE A LARGE BAKING SHEET WITH FOIL & GREASE WELL.
- PLACE FROZEN VEGETABLES INTO A LARGE BOWL. POUR 3 TBSP OIL OVER THEM & STIR TO COAT. SEASON WITH ¼ TSP EACH SALT & PEPPER.
- SPREAD SPROUTS ON PAN IN SINGLE LAYER. ROAST ~ 10 MINUTES, UNTIL NO LONGER ROCK HARD.
- CUT BRUSSELS SPROUTS IN HALF. TOSS WITH ONE MORE TBSP OIL & ANOTHER ¼ TSP SALT.
- ARRANGE SPROUTS IN A SINGLE LAYER ON PAN AGAIN. ROAST IN OVEN ~ 15 MINUTES.
- PLACE UNDER BROILER ON TOP RACK 3 - 4 MINUTES TO BROWN. FLIP & BROIL ANOTHER 1 - 2 MINUTES.

HOW DID YOU DO WITH "NO COOKIES?"

OUR "NO!" FOOD FOR THIS WEEK: **PRETZELS!!!**

HAVE A GREAT WEEK! SEE YOU MONDAY!



ALMOST FORGOT! JUST FYI...I NOTICED KROGER HAS BLACKBERRIES FOR 99 CENTS & I BELIEVE RED GRAPES FOR .99 / POUND STARTING THIS THURSDAY, MARCH 28TH.