

AUGUST 19, 2019

WARREN COUNTY COMBINED HEALTH DISTRICT

FRUITS & VEGETABLES: ARE YOU GETTING ENOUGH?

MORE PLANTS, PLEASE!!!

STUDIES HAVE SHOWN THAT FOLKS WHO EAT A DIET RICH IN FRUITS AND VEGETABLES AS YOUNG ADULTS (TOO LATE FOR THAT...) ARE MUCH LESS LIKELY TO HAVE A HEART ATTACK OR STROKE LATER IN LIFE COMPARED TO THOSE WHO CONSUME LOWER AMOUNTS OF THESE HEALTHY FOODS. BETTER LATE THAN NEVER!

WE DO KNOW THAT *HEART DISEASE* IS THE LEADING CAUSE OF DEATH FOR MEN AND WOMEN IN THE U.S. OF COURSE CERTAIN LIFESTYLE CHOICES, SUCH AS POOR DIET AND BEING OVERWEIGHT, ARE KNOWN TO PUT PEOPLE AT A HIGHER RISK FOR CARDIOVASCULAR DISEASE. EATING PLENTY OF FRUITS AND VEGETABLES MAY REDUCE YOUR CHANCE OF DEVELOPING SERIOUS HEART PROBLEMS!

WHERE DID I GET THIS INFORMATION? RESEARCHERS FROM THE AMERICAN COLLEGE OF CARDIOLOGY ANALYZED THE FOOD INTAKE OF 2,058 MEN AND WOMEN, AGES 18 – 30, AND THEN COMPARED THE DATA TO THEIR CORONARY ARTERY CALCIFICATION (CAC) SCORES 20 YEARS LATER IN ORDER TO DETERMINE THE AMOUNT OF PLAQUE BUILD-UP IN THEIR CORONARY ARTERIES, WHICH IS AN EARLY SIGN OF HEART DISEASE.

THE RESULTS SHOWED THAT WOMEN IN THEIR EARLY 20s WHO REPORTED CONSUMING THE MOST FRUITS AND VEGETABLES (8 – 9 SERVINGS A DAY) WERE *40% LESS LIKELY TO HAVE CALCIFIED PLAQUE IN THEIR ARTERIES IN THEIR 40s*, COMPARED WITH THOSE WHO CONSUMED 3 -4 SERVINGS A DAY.

IN A NUTSHELL...TO HELP REDUCE THE CHANCE OF HEART ATTACK OR STROKE IN ADULTHOOD, EAT PLENTY OF FRUITS AND VEGETABLES!

THESE FOODS ARE PACKED WITH VITAMINS, MINERALS, FIBER AND ANTIOXIDANTS WHICH ARE KNOWN TO PROMOTE GOOD HEALTH! PLANT-BASED DIETS IN GENERAL HAVE BEEN LINKED TO GREATER LONGEVITY, LESS CANCER, LOWER CHOLESTEROL, LOWER BLOOD PRESSURE, AND HEALTHIER BODY WEIGHT. AND, AS THIS MOST RECENT STUDY SHOWS, A DIET RICH IN A COLORFUL VARIETY OF FRUITS AND VEGETABLES IS ALSO ASSOCIATED WITH HEALTHIER ARTERIES LATER IN LIFE!

WE ALREADY KNEW THEY WERE GOOD FOR US...SO HOW DO WE ADD MORE TO OUR DAY? HERE ARE A FEW IDEAS; MAYBE WE CAN COME UP WITH EVEN MORE TONIGHT.

1. TO ESTABLISH A HEALTHY EATING PATTERN, MAKE SURE YOU EAT AT LEAST ONE FRUIT OR VEGETABLE WITH EACH MEAL. AT BREAKFAST, YOU COULD ADD RAISINS TO YOUR OATMEAL OR A BANANA TO YOUR WHEATIES. IF YOU'RE HAVING EGGS, FROZEN SPINACH OR CHOPPED TOMATO IS EXCELLENT. FOR LUNCH, YOU COULD CUT UP SOME VEGGIES & HAVE THEM INSTEAD OF POTATO CHIPS WITH YOUR SANDWICH. IF YOU PACK A LUNCH (OR EVEN IF YOU'RE "PACKING" TO EAT AT HOME FOR THE FOLLOWING DAY!) USE YOUR LEFTOVERS CREATIVELY. WE HAD GRILLED CHICKEN TENDERS, AN UNCLE BEN'S BROWN RICE SIDE DISH, & CUT UP PEPPER & CUCUMBER LAST WEEK. I PUT THE LEFTOVER RICE & CHICKEN IN A TUPPERWARE CONTAINER & ADDED THE REMAINDER OF A BAG OF FROZEN, CHOPPED BROCCOLI. SORT OF A CASSEROLE! I LEFT OFF THE GRATED CHEESE, IN THE INTEREST OF CALORIES! FOR SUPPER, IF YOU HAVE A COOKED VEGETABLE & A RAW ONE, YOU'RE GETTING CLOSER TO THE "8 OR 9 A DAY" RECOMMENDATION. IT'S A PRETTY LOFTY GOAL, ISN'T IT?
2. TO MAKE SURE YOU'RE GETTING ENOUGH, FILL HALF YOUR PLATE WITH FRUITS AND VEGETABLES AT ALL EATING OCCASIONS. THAT CAN BE A CHALLENGE!
3. BE CREATIVE! WHO DOESN'T LOVE DESSERT? THERE ARE ALL KINDS OF RECIPES ON THE INTERNET; WHAT A FUN WAY TO EAT FRUIT! DON'T GET CARRIED AWAY...APPLE PIE TO GET YOUR FRUIT REQUIREMENT IS PROBABLY NOT THE BEST IDEA, MARIE KITTLE! REMEMBER THE FROZEN BANANAS USED AS AN ICE CREAM? I'VE TRIED FROZEN. I DIDN'T LIKE IT AS MUCH AS THE BANANAS – BUT YOU MIGHT!
4. WHEN EATING AT A RESTAURANT, MAKE THE BEST CHOICE YOU CAN MAKE. INSTEAD OF A SIDE OF FRIES, WHAT'S THE VEGGIE OF THE DAY?
5. "AN APPLE A DAY" ISN'T JUST A SAYING...BOB HARPER, A FAMOUS TRAINER, SAYS YOU SHOULD EAT ONE EVERY DAY.
6. USE SALSA AS A CONDIMENT. TOMATOES ARE SO GOOD FOR YOU! BESIDES DIPPING, YOU CAN USE SALSA AS A SALAD DRESSING OR POTATO TOPPER. FOR THOSE OF YOU WHO DON'T LIKE IT SPICY, MOST BRANDS DO OFFER A "MILD" VERSION.
7. ROASTING VEGETABLES IS EASY & DELICIOUS. JUST TOSS WITH A LITTLE OLIVE OIL & SOME SEASONINGS. WHEN PLANNING YOUR SUPPER, TRY TO ADD A LITTLE INTEREST ONCE IN AWHILE WITH DIFFERENT SIDES.
8. A (SMALL!) GLASS OF 100% FRUIT JUICE IS A GOOD SOURCE OF VITAMIN C. PROBABLY YOUR BEST BET IS TO DRINK TOMATO JUICE. IT'S VERY LOW IN CALORIES (A CUP HAS ONLY 50!) SO YOU DON'T HAVE TO BE AS CAREFUL WITH THE SERVING SIZE.

9. A BOWL OF VEGETABLE SOUP IS GREAT ON A RAINY DAY. IT'S SUPPOSED TO RAIN LATER THIS WEEK. HOPEFULLY MOTHER NATURE GETS THE MESSAGE!

10. REMEMBER THAT PRODUCE *IN ANY FORM* COUNTS! I REALLY DO LIKE USING THE FROZEN SIDE DISHES. HIGH IN FIBER & NUTRIENTS, THEY'RE ALWAYS QUICK & EASY. FROZEN FRUIT ALSO COMES IN VERY HANDY, ESPECIALLY WHEN THE ITEMS AREN'T IN SEASON. CANNED ITEMS I USE MOST FREQUENTLY ARE TOMATOES, CORN, & BEANS. PAY ATTENTION TO THE SODIUM CONTENT; SOMETIMES YOU CAN BUY LOW-SODIUM PRODUCTS. WHEN MAKING A DISH WITH CANNED BEANS, I RINSE THEM FIRST.

TAKING THE NEXT STEP...

THIS IS INFO FROM THE AMERICAN HEART ASSOCIATION. THINK ABOUT INCLUDING MORE COLOR. THERE ARE FIVE MAIN COLOR GROUPS; TRY TO EAT FROM AS MANY COLOR GROUPS AS YOU CAN ON A DAILY BASIS.

RED / PINK BEETS, CHERRIES, CRANBERRIES, PINK GRAPEFRUIT, POMEGRANATE, RADICCHIO, RADISHES, RASPBERRIES, RED APPLES, RED GRAPES, RED PEPPERS, RED POTATOES, RHUBARB, STRAWBERRIES, TOMATOES, TOMATO SAUCE, TOMATO JUICE, WATERMELON

ORANGE / YELLOW ACORN OR BUTTERNUT SQUASH, APRICOTS, CANTALOUPE, CARROT, CORN, GRAPEFRUIT, LEMONS, MANGOES, NECTARINES, ORANGES, ORANGE PEPPERS, PAPAYA, PEACHES, PINEAPPLE, PUMPKIN, SUMMER SQUASH, SWEET POTATOES, TANGERINES, YAMS, YELLOW APPLES, YELLOW PEPPERS, YELLOW SQUASH

GREEN ARTICHOKEs, ASPARAGUS, AVOCADOS, BOK CHOY, BROCCOLI, BRUSSELS SPROUTS, CELERY, COLLARD GREENS, CUCUMBER, GREEN BEANS, GREEN CABBAGE, GREEN GRAPES, GREEN ONIONS, GREEN PEPPERS, KALE, KIWI, LEEKS, LIMES, MUSTARD GREENS, OKRA, PEARS, PEAS, ROMAINE LETTUCE, SNOW PEAS, SPINACH, SUGAR SNAP PEAS, WATERCRESS, ZUCCHINI

WHITE BANANAS, CAULIFLOWER, GARLIC, JERUSALEM ARTICHOKE, MUSHROOMS, ONION, POTATOES, PARSNIPS, SHALLOTS

BLUE / PURPLE BLACKBERRIES, BLUEBERRIES, CURRANTS, EGGPLANT, PURPLE GRAPES, PLUMS, PRUNES, PURPLE FIGS, RAISINS

WE'RE ONLY LIMITED BY OUR IMAGINATION - & SOMETIMES BY OUR POCKETBOOK! WE HAVE A REALLY NICE FARMER'S MARKET IN TOWN ON THURSDAYS.

HOW DID YOU DO WITH "NO BAKED GOODS?"

OUR "NO!" FOOD FOR THIS WEEK: **NOTHING FRIED**



P.S.!!! NO CLASS FOR THE NEXT TWO MONDAYS...I'M GOING TO SEE MY AUNT IN DENVER AND WON'T BE BACK TIL MONDAY EVENING, AND THE FOLLOWING MONDAY IS LABOR DAY! SEE YOU SEPTEMBER 9TH!!!!