

# Eat Right. Eat Color



## Why Eat Color?

Antioxidants found in plant foods have proven health benefits. The more color in the food- the richer it is in these antioxidants, and the more powerful it is in preventing cell damage and reducing the risks of developing heart disease, cancer, stroke, and more. Every color – red, orange, yellow, green, blue, purple, white and brown – is significant and distinct in the protective benefits it provides.

Antioxidants are found in foods in different forms, including vitamins, minerals, carotenoids, lycopene, lutein, flavonoids and polyphenols, and others. Many antioxidants are often identified in food by their unique colors. Mix and match your fruits and veggies to boost the effects. Eat for variety; eat for your health; eat for color.

### Excerpt from The Dietary Guidelines for Americans 2010

“...Most vegetables and fruits are major contributors of a number of nutrients that are underconsumed in the United States, including folate, magnesium, potassium, dietary fiber, and vitamins A, C, and K. Several of these are of public health concern for the general public (e.g., folic acid for women who are capable of becoming pregnant).

...consumption of vegetables and fruits is associated with reduce risk of many chronic diseases. Specifically, moderate evidence indicates that intake of at least 2 1/2 cups of vegetables and fruits per day is associated with a reduce risk of cardiovascular disease, including heart attack and stroke. Some vegetables and fruits may be protective against certain types of cancer.”

#### References:

American Dietetic Association. *The Dietary Guidelines for Americans, 2010*. <eatright.org>  
Gollman, Barbara. Pierce, Kim. *The Phytopia Cookbook: A World of Plant-Centered Cuisine*. Phytopia, Inc. Dallas, TX ©1999  
Heber, D. *What Color Is Your Diet?*, 2002, Regan Books. David R. Jacobs, PhD, professor of epidemiology, the University of Minnesota, Minneapolis.

# What are Antioxidants and what do they do?

## Examples of Functional Components/Antioxidants

Class/Components	Source*	Potential Benefit
<b>Carotenoids</b>		
Beta-carotene	carrots, various fruits	neutralizes free radicals which may damage cells; bolsters cellular antioxidant defenses
Lutein, Zeaxanthin	kale, collards, spinach, corn, eggs, citrus	may contribute to maintenance of healthy vision
Lycopene	tomatoes and processed tomato products	may contribute to maintenance of prostate health
<b>Flavonoids</b>		
Anthocyanidins	berries, cherries, red grapes	bolster cellular antioxidant defenses; may contribute to maintenance of brain function
Flavanols—Catechins, Epicatechins, Procyanidins	tea, cocoa, chocolate, apples, grapes	may contribute to maintenance of heart health
Flavanones	citrus foods	neutralize free radicals which may damage cells; bolster cellular antioxidant defenses
Flavonols	onions, apples, tea, broccoli	neutralize free radicals which may damage cells; bolster cellular antioxidant defenses
Proanthocyanidins	cranberries, cocoa, apples, strawberries, grapes, wine, peanuts, cinnamon	may contribute to maintenance of urinary tract health and heart health
<b>Isothiocyanates</b>		
Sulforaphane	cauliflower, broccoli, Brussels sprouts, cabbage, kale,	may enhance detoxification of undesirable compounds and bolster cellular antioxidant defenses
<b>Phenols</b>		
Caffeic acid, Ferulic acid	apples, pears, citrus fruits, some vegetables	may bolster cellular antioxidant defenses; may contribute to maintenance of healthy vision and heart health
<b>Sulfides/Thiols</b>		
Diallyl sulfide, Allyl methyl trisulfide	garlic, onions, leeks, scallions	may enhance detoxification of undesirable compounds; may contribute to maintenance of heart health and healthy immune function
Dithiolthiones	cruciferous vegetables—broccoli, cabbage, bok choy, collards	contribute to maintenance of healthy immune function

### References:

[http://www.foodinsight.org/Resources/Detail.aspxopic=Functional\\_Foods\\_Fact\\_Sheet\\_Antioxidants](http://www.foodinsight.org/Resources/Detail.aspxopic=Functional_Foods_Fact_Sheet_Antioxidants)



# Eat Right. Blue and Purple

National Nutrition Month

## Roasted Purple Potatoes

Prep Time: 15 minutes      Servings: 6  
Cook Time: 45 minutes

### Ingredients:

5-6 medium purple potatoes  
3 Tablespoons extra Virgin Olive Oil  
1 Clove garlic, crushed  
1 1/2 teaspoons dried rosemary, crushed  
1/4 teaspoon salt  
Ground pepper to taste

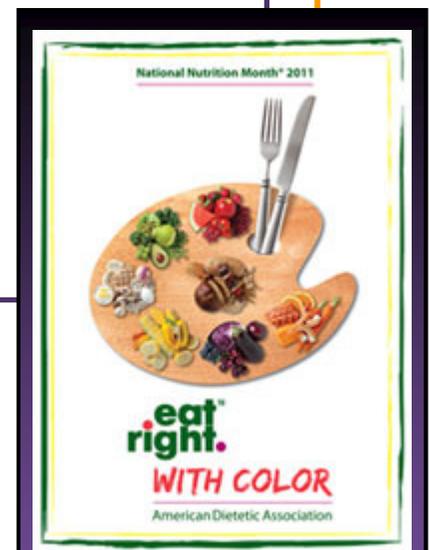


### Directions:

1. Preheat oven to 375°F
2. Scrub potatoes well. Dry and quarter them.
3. Place potatoes in baking pan to form single layer.
4. Drizzle olive oil over potatoes. Sprinkle with crushed garlic, rosemary, salt and pepper. Toss potatoes to coat.
5. Cover pan with foil and roast for 15 minutes.
6. Flip potatoes and roast for 15 minutes uncovered.
7. Flip potatoes once more, roast for 10-15 minutes uncovered. Remove from oven and serve.

### Nutrition Facts Per Serving

Calories	205	Total Fat	5.8g
Protein	4g	Saturated Fat	.8g
Carbohydrates	34g	Cholesterol	0g
Sugar	2.6g	Fiber	3.5g



Visit our table in the Alcove every Tuesday during March from 11-1. Find out what recipe we're giving each week!

### References:

Adapted from <http://www.copywriterskitchen.com/2009/11/04/rosemary-roasted-purple-potatoes-recipe>



# Eat Right. Blue and Purple

**National Nutrition Month**

**Blue and Purple** fruits and vegetables contain anthocyanin pigments: powerful antioxidants that protect cells from free radical damage. These help reduce risk of cancer, stroke, and heart disease, and assist with improved memory function and inflammation.



### Fun Facts:

- Red and Purple grapes are a rich source of phytoestrogens that decrease risk of hormone related cancers and may reduce the severity of menopause symptoms.
- Resveratrol, found in red and purple grapes, is a strong antioxidant that protects the heart.



Check out the back for a healthy and delicious Purple Food Recipe!

Fruits	Vegetables
Blackberries	Eggplant
Blueberries	Purple Cabbage
Plums	Purple Potato
Purple Grapes	Purple Asparagus
Acai Berry	Purple Cauliflower
Prunes	Purple Carrot
Figs	Purple Corn

#### References:

The Diet Channel. "Eating A Rainbow-Part-4: Health Benefits Of Blue Purple Foods." Quinn Street, Inc. <[www.thedietchannel.com](http://www.thedietchannel.com)>

Gollman, Barbara. Pierce, Kim. *The Phytopia Cookbook: A World of Plant-Centered Cuisine*. Phytopia, Inc. Dallas, TX ©1999

# Eat Right. Eat Brown and White



National Nutrition Month

## Mushroom Quesadillas

Prep Time: 10 minutes      Servings: 4  
Total Time: 20 minutes

### Ingredients:

- Vegetable Oil Spray
- 8 oz sliced fresh mushrooms
- 1/2 medium onion, thinly sliced
- 1 teaspoon bottled (or fresh) minced garlic
- 3 Tablespoons chopped fresh cilantro
- 3 8-inch whole wheat flour tortillas
- 6 Tablespoons shredded low-fat Monterey Jack cheese
- Commercial salsa (lowest sodium available) (optional)



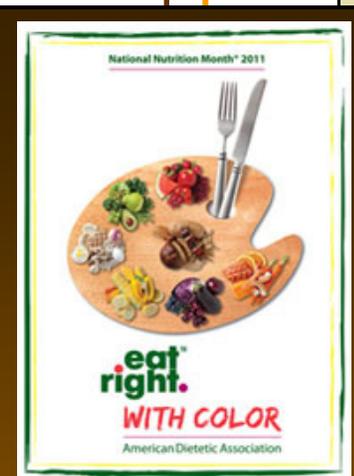
### Directions:

1. Spray a large skillet with vegetable oil spray. Cook mushrooms, onion, and garlic in skillet over medium heat until onion is tender, about 5 to 7 minutes. Stir in cilantro and remove from heat.
2. Arrange one-third of the mushroom mixture on half of one tortilla. Sprinkle with 2 tablespoons of the cheese. Fold the other half of the tortilla over cheese. Place on a baking sheet. Repeat with remaining ingredients to make 3 quesadillas total.
3. Bake quesadillas about 5 minutes or until filling is hot and cheese melts. Cut each quesadilla into 4 wedges.
4. Serve warm – with salsa, if desired.

**Microwave Method:** Spray a microwave-safe casserole with vegetable oil spray. Add mushrooms, onion, and garlic. Cook, uncovered, on 100% power (high) for 5 to 7 minutes or until onion is tender, stirring twice. Stir in cilantro. Assemble quesadillas as directed above and arrange them on a microwave-safe plate or platter. Cook, uncovered, on 100% power (high), rotating plate once, for 1 to 2 minutes or until filling is hot and cheese melts.

### Nutrition Facts Per Serving

Calories	79	Total Fat	1g
Protein	5g	Saturated Fat	0.5g
Carbohydrates	17g	Trans Fat	0g
Sugar	1g	Cholesterol	2mg
Sodium	168mg	Fiber	2g



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**National Nutrition Month**

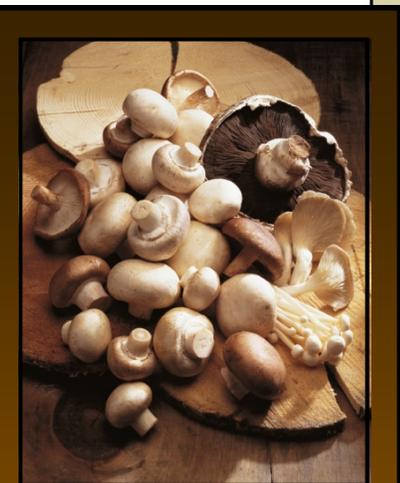
# Eat Right. Eat Brown and White

**Brown and White** fruits and vegetables are good sources of fiber, potassium, Folic Acid, Selenium, and Vitamin C. They help promote a healthy heart and aid in cancer prevention.



### Fun Facts:

- Potassium helps with muscle contraction and calcium absorption.
- Garlic and Onions are rich in Allicin and Saponins which stimulate the immune system and help fight off cancerous cells.
- Quercetin, found in onions, apples, and pears, can help prevent heart disease and decrease the risk of cancer.
- Mushrooms contain flavonoid antioxidants that are being studied for their cancer fighting properties.



Check out the back for a healthy and delicious Brown and White Food Recipe!

Fruits	Vegetables
Bananas	Mushrooms
Pears	Jicama
Dates	Onions
White Nectarines	Parsnips
White Peaches	Leeks
Dragon Fruit	Turnips
Lychee	Garlic
Mangosteen	Cauliflower

#### References:

Gollman, Barbara. Pierce, Kim. *The Phytopia Cookbook: A World of Plant-Centered Cuisine*. Phytopia, Inc. Dallas, TX ©1999

Heber, D. David R. Jacobs, PhD, *What Color Is Your Diet?* Regan Books. 2002, The University of Minnesota, Minneapolis.



National Nutrition Month

# Eat Right. Eat Green

## Sautéed Kale with Garlic, Chili, & Lemon

Prep Time: 20 minutes      Servings: 4  
Cook Time: 10 minutes

### Ingredients:

- 1 Tablespoon Olive Oil
- 10 Cloves Garlic, peeled, finely chopped
- 1 Bunch Kale, Medium
- 1/4 Teaspoon Chili Flakes
- 1/4 Cup water
- 2 Tablespoons Lemon Zest
- 1/8 Teaspoon Salt

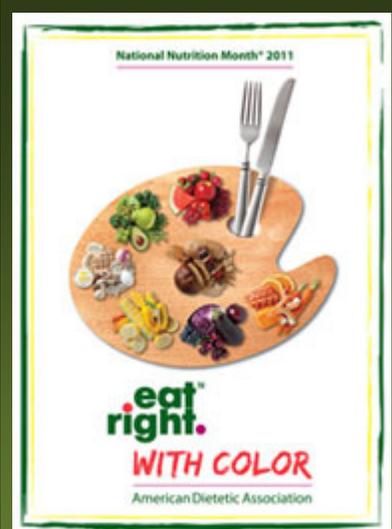


### Directions:

1. Prepare Kale: Rinse and dry all leaves. Cut 1/2 inch off the end of the stem of each stock. Cut remaining length of each stem into 1/2 inch pieces. Cut Leaf portion of each stock into 1/2 inch pieces. Hints: a salad spinner may make it easier to dry leaves. A clean pair of kitchen scissors may be used to cut up kale leaves.
2. Heat large sauté pan over medium heat for 1 minute. Add oil and garlic and cook for 1 minute, or less- until just fragrant, do not let it brown. Add kale, chili flakes, water, lemon zest, and salt- cover and cook for 2 additional minutes.
3. Turn down heat to low and cook for 2 minutes, until just tender. Hint: cook time will vary with how thick/rough the kale leaves are. When just tender, turn off heat and allow to sit, covered for 4 more minutes to finish.

### Nutrition Facts Per Serving

Calories	109	Total Fat	4.5g
Protein	5g	Saturated Fat	.5g
Carbohydrates	16g	Cholesterol	0g
Sugar	11g	Sodium	205mg



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# Eat Right. Eat Green

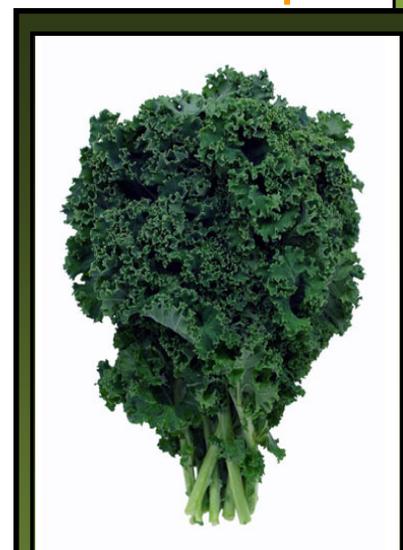
**National Nutrition Month**

Green fruits and vegetables offer phytochemicals which may help prevent cancer and heart disease, as well as support the circulatory system and prevent age-related eye problems like cataracts and macular degeneration.



## Fun Facts:

- Many green fruits and vegetables are high in vitamin K which is important for blood clotting and bone health.
- Green fruits and vegetables offer potassium, which is important for muscle function (including the heart).
- Green vegetables are rich in folic acid, which lowers the risk of neural tube defects in developing fetuses.
- Broccoli offers a highly absorbable form of Calcium.



Check out the back for a healthy and delicious Green Food Recipe!

Fruits	Vegetables
Avocados	Artichoke
Kiwis	Asparagus
Limes	Broccoli
Star fruit	Green Beans
Green Apple	Green Bell Peppers
Green Grapes	Leafy Greens
Honeydew Melon	Zucchini

### References:

Gollman, Barbara. Pierce, Kim. *The Phytopia Cookbook: A World of Plant-Centered Cuisine.*

Phytopia, Inc. Dallas, TX ©1999

<http://www.buildingbodies.ca/Nutrition/fruits-vegetables.shtml>



# Eat Right. Eat Orange and Yellow

National Nutrition Month

## Shredded Carrot Salad with Raisins, Cumin and Cilantro

Prep Time: 10 minutes      Servings: 4  
Total Time: 20 minutes

### Ingredients:

- 1 Large and 1 Small Carrot Shredded (2 cups)
- 1/3 Cup raisins or dried currants
- 1/2 chopped cilantro leaves and stems
- 1 scant teaspoon ground cumin
- 1 teaspoon cider vinegar
- 1 Tablespoon Olive Oil
- 1/8 teaspoon salt



### Directions:

1. Use the large side of a cheese grater to grate carrots into a large bowl. Clean and rough chop 1/2 cup cilantro including stems. (Before chopping the cilantro taste a stem, if they are tough just use the leaves).
2. Then add all of the ingredients and stir. Let stand for about ten minutes and serve.

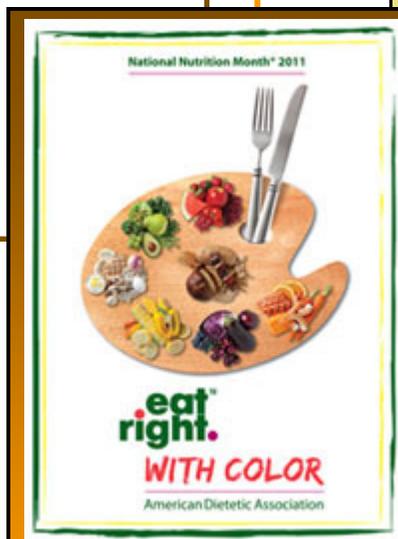
### Recommended Additions:

Ground flax seed, walnuts, sunflower seeds, shredded cabbage, and chili flake. Substitute red wine vinegar, champagne vinegar, rice wine vinegar, balsamic vinegar.

Note: If you are using organic carrots it is only necessary to scrub the carrots clean, if you are using conventional carrots wash and peel the carrots before grating.

### Nutrition Facts Per Serving

Calories	91	Total Fat	3.7g
Protein	1g	Cholesterol	0
Carbohydrates	15.1g	Vitamin A	187%
Sugar	9.8g	Iron	5%
Sodium	189mg	Fiber	2.1g



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**National Nutrition Month**

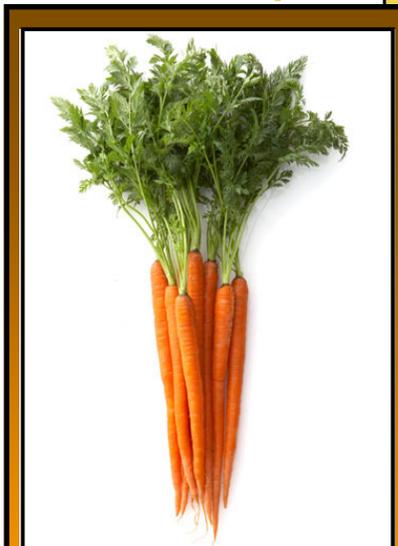
# Eat Right. Eat Orange and Yellow

**Orange and Yellow** fruits and vegetables contain antioxidants such as Beta-Carotene. These antioxidants may prevent cancer and enhance immunity.



### Fun Facts:

- Beta-Carotene is converted in the body to Vitamin A which helps to increase immune function and slow the progression of cancer, plaque build up, and cataracts.
- Mangos, Tangerines, Oranges, and Papaya are rich in Cryptoxanthin which has been linked to reducing the risk of cervical cancer.
- Carrots and citrus are rich in flavonoids which protect cells from carcinogens (cancer causing substances).



Check out the back for a healthy and delicious Orange Food Recipe!

Fruits	Vegetables
Persimmons	Carrots
Apricots	Sweet Potatoes
Lemons	Yams
Nectarines	Yellow Squash
Pineapple	Pumpkin
Cantaloupe	Spaghetti Squash
Mango	Butternut Squash
Papaya	Orange Bell Pepper
Oranges	Yellow Bell Pepper

#### References:

Gollman, Barbara. Pierce, Kim. *The Phytopia Cookbook: A World of Plant-Centered Cuisine*. Phytopia, Inc. Dallas, TX ©1999



# Eat Right. Eat Red

National Nutrition Month

## Cranberry, Beet, and Red Cabbage Salad

Prep Time: 10 minutes      Servings: 4-6  
 Cook Time: 17 minutes

### Ingredients:

- 1 Tablespoon Olive Oil
- 1-1/2 cups coarsely shredded red cabbage
- 2 Tablespoons balsamic vinegar
- 1-1/2 cups canned, shredded beets
- 1/2 cup canned whole berry cranberry sauce
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground ginger

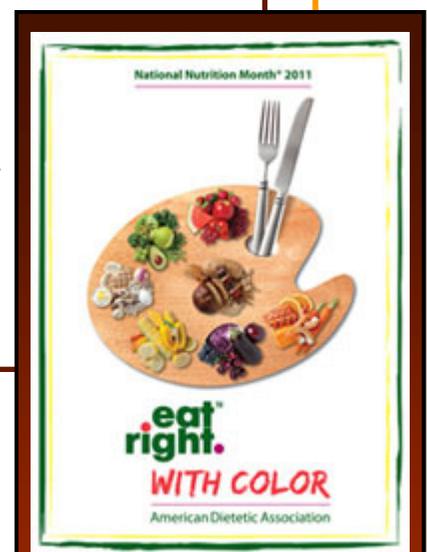


### Directions:

1. Heat oil in a large heavy pot. Add red cabbage and toss to coat. Cover pan and sweat the cabbage over medium-low heat 5 minutes, stirring occasionally.
2. Uncover and add balsamic vinegar, tossing to coat. Continue to saute until red cabbage is al dente- 2 minutes. Add beets, cranberry sauce, pepper, cinnamon, ginger, and cloves. Stir to combine.
3. Cover and continue to cook about another 10 minutes on medium-low heat or until cabbage is tender and ingredients are heated through.

### Nutrition Facts Per Serving

<b>Calories</b>	67	<b>Total Fat</b>	1.9g
<b>Protein</b>	8g	<b>Saturated Fat</b>	.3g
<b>Carbohydrates</b>	13g	<b>Monounsaturated Fat</b>	1.3g
<b>Sugar</b>	11g	<b>Polyunsaturated Fat</b>	.3g
<b>Sodium</b>	78mg	<b>Fiber</b>	1.5g



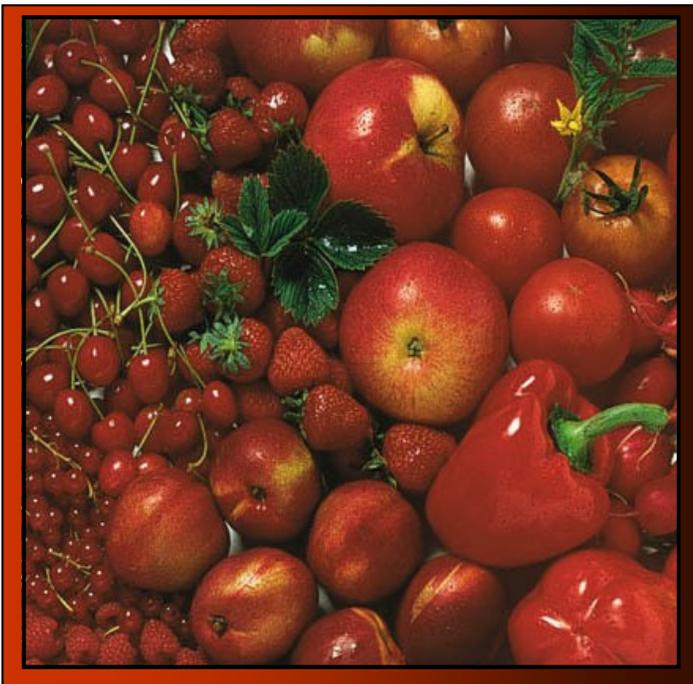
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# Eat Right. Eat Red

**National Nutrition Month**

**RED** fruits and vegetables can help prevent heart disease and decrease the risk of some cancers as well as help with vision and immunity.



## Fun Facts:

- Berries, cherries, and red onion are good sources of Quercetin which catches carcinogens in the body and can help fight cancer.
- High consumption of tomatoes can reduce the risk of prostate cancer up to 40%.
- Red fruits and vegetables are a good source of Vitamin C and Beta-Carotene
- Red bell peppers are high in antioxidants that can improve eye health



Check out the back for a healthy and delicious Red Food Recipe!

Fruits	Vegetables
Cherries	Beets
Cranberries	Red Onion
Pomegranate	Red Peppers
Pink Grapefruit	Red Potatoes
Red Grapes	Rhubarb
Watermelon	Tomatoes
Strawberries	Red Cabbage

### References:

American Dietetic Association. *The Dietary Guidelines for Americans, 2010*. <eatright.org>

Gollman, Barbara. Pierce, Kim. *The Phytopia Cookbook: A World of Plant-Centered Cuisine*. Phytopia, Inc. Dallas, TX ©1999