Chef Charles Says...

May 2013

There are so many reasons to be excited about fruits and vegetables. First, they taste so good, whether they are fresh, canned, frozen or dried. And second, they are amazingly good for you.

Sources...
Fight Cancer When Eating Vegetables:, August, 2012 Annals of Oncology
Salads + Fat = Healthy
Journal of Molecular Nutrition & Food Research, 2012.

Information & resources for seniors with home & family questions
ISU AnswerLine
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Iowa Nutrition Network
PROMOTING HEALTHY LIFESTYLES

Fight Cancer When Eating Vegetables

Can you name a vegetable that can improve your health and lower cancer risk?

Experts reviewed studies of people with different kinds of cancer that also looked at what they ate. One kind of vegetable seemed to make a big difference. People who regularly ate cruciferous vegetables cut their risk of colon and breast cancer by almost 17 percent, their risk of kidney cancer by nearly 32 percent and their risk of esophageal cancer by more than 28 percent.

What is a cruciferous vegetable?

Brussels sprouts, broccoli, cabbage, cauliflower, kale, collard greens and turnips are rich in nutrients and fiber, which previously had been thought to specifically protect against colon cancer. Now, it seems that this group of vegetables might lower your risk for other cancers as well. Cruciferous vegetables contain anti-inflammatory compounds. Such compounds could be what lowers the risk of many cancers.

Guideline

Women over the age of 65 need 2 cups of vegetables every day and 1 1/2 cups of fruit a day. Men need 2 1/2 cups of vegetables and 2 cups of fruit.

Steam cruciferous vegetables to preserve their flavor and nutritional value.

Use a covered dish in the microwave and very little water. Drizzle with a teaspoon of olive oil before serving. Don't feel like cooking? Raw cruciferous vegetables with a healthy dip are also a great option.

Salad Greens + Fat = Healthy

Which salad dressing will you choose for a tossed salad? Are you trying to cut calories by using no or low-fat dressing on your salad? If so, you may be cutting nutrients too.

It happens that some fat in your salad helps your body better absorb healthy plant-based nutrients which are associated with reduced risk of cancer, cardiovascular disease and age-related macular degeneration. All dressings with fat help absorption, but the healthiest choice is a monounsaturated fat such as canola or olive oil. These fats require the least amount of fat, 2 teaspoons, to absorb the most nutrients.

For the best health benefits, fill your plate with colorful vegetables and no more than two tablespoons of dressing made with monounsaturated fat.

Fresh Produce is a Healthy Bargain

If you are bypassing the produce section to conserve cash, you are not alone. A recent survey of 1,000 grocery shoppers found that nearly 40 percent of shoppers avoid buying fresh fruits and vegetables because of cost. Instead, they load up their carts with cookies and crackers. That is not only a hit to nutrition, but also to their pocketbook. Packaged snacks actually cost more than produce. The USDA ran the numbers and found that a serving of produce rings in at roughly 25 cents, while cookies and crackers cost about 30 cents a serving.

It does pay to shop smart. When possible, choose fruits and vegetables that are in season and locally grown. They tend to be cheaper than items shipped from faraway. And while super market circulars can tip you off to sales, take a moment to compare unit prices. A medium size apple is actually two servings. So if a medium size apple cost 45 cents, then the two servings of apple would be 22.5 cents each.

Small Changes Big Benefits

- Dining out? Swap the French fries or pasta for an extra serving of veggies.
- When you order a sandwich, ask for extra veggies and see what happens!
- Keep a bag of frozen mixed vegetables on hand to add to soups or casseroles.

Berry Good for You

What would you think if your doctor wrote a prescription for eating blueberries and strawberries every day for your heart? It could be a good advice for you.

Eating three or more servings (1 1/2 cups) of blueberries and/or strawberries per week may help women reduce their risk of a heart attack by as much as one-third. Blueberries and strawberries contain high levels of flavonoids, which may help open arteries and slows the buildup of plaque in arteries. In the study of women, those eating the most blueberries and strawberries had a 32 percent lower risk of heart attack than those eating berries once a month or less. Surprisingly, the women in the study who regularly ate a lot of other fruits and vegetables, but not berries, did not have the same level of protection.

To take advantage of this research make colorful fruits and vegetables part of your daily diet. Although this study does not prove that berries prevent heart attacks, other research demonstrates that eating 5 cups of fruits and vegetables a day can help lower your blood pressure and influence your heart healthiness.

Increase your berry consumption by keeping frozen berries on hand and add them to cereal, yogurt, salads, muffin batter and desserts.

Source...
Berry Good for You, Circulation 127: 188,2013.

Will It Be OJ or Just Plain O?

You have a decision to make! Will it be a glass of orange juice or a whole orange for breakfast? While starting your day with a glass of orange juice is fine, remember that whole fruit has more fiber and fewer calories. A cup of juice contains only half a gram of dietary fiber, compared to three grams in a whole medium orange. Even the healthiest juice contains more calories than the whole fruit.

What ways can you incorporate more whole fruit or vegetables in your meals?

Should I Wash Bagged Greens Before Eating?

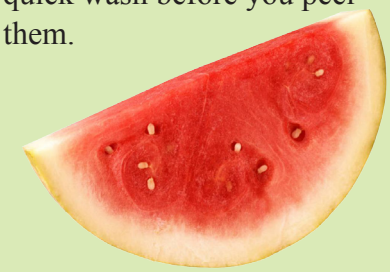
Is this a question you have discussed in your kitchen? Doesn't it seem like common sense to wash fresh food like salad greens before you eat them?

The truth is rewashing bagged salad greens that were washed before being packaged is very unlikely to create a safer salad. If there are bacteria attached to leafy greens, it is difficult to remove them by rinsing with water. In fact, the greatest likelihood is that you will make a safe product unsafe because of cross-contamination with bacteria from your fingers, cutting boards, counter tops, or the sink. If the bag does not say 'washed' then you do need to wash the greens thoroughly.

There is a second concern, spoilage. Look carefully at the leaves from the top of the bag as you pull them out. If they are starting to spoil, discard entire bag. If the bulk of the lettuce appears sound and there are a few spoiled leaves at the bottom of the bag, use the top of the bag and discard the leaves that look damaged.

A Summer Reminder - Rinse Melons For Safety

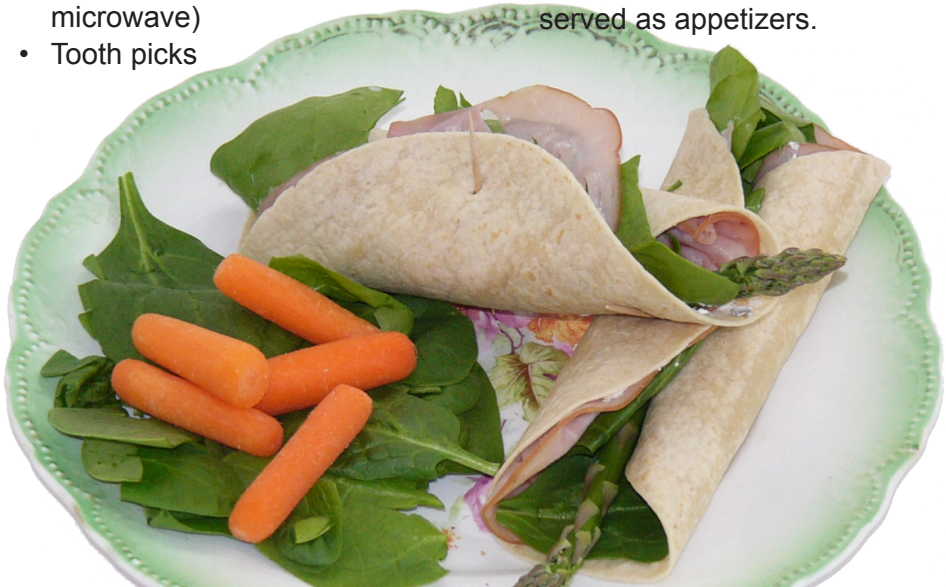
Before cutting a melon take time to wash the skin. Why? It helps remove bacteria and pesticides that could enter the fruit when slicing it. Use a vegetable brush to get into the groves and crevices. Even bananas can benefit from a quick wash before you peel them.



Asparagus Tortilla Rolls

- Light or fat-free cream cheese
- Red onions, chopped finely
- Mustard
- Deli slice ham or turkey
- Asparagus spears, fresh/ steam cooked (do not overcook) spears should be slightly crisp
- Whole-grain tortillas (can soften or warm gently in microwave)
- Tooth picks

1. Mix cream cheese, chopped red onions, and mustard.
2. Open flour tortilla and spread mixture on tortilla.
3. Layer spinach leaves, deli meat and asparagus.
4. Roll up tortilla.
5. Secure with a toothpick and refrigerate overnight.
6. The rolls can be sliced and served as appetizers.



213 calories; 7 gm fat; 30 gm carbohydrates; 11 gm protein; 759 mg sodium; 5 gm fiber; 3 mcg folate; 238 mg potassium

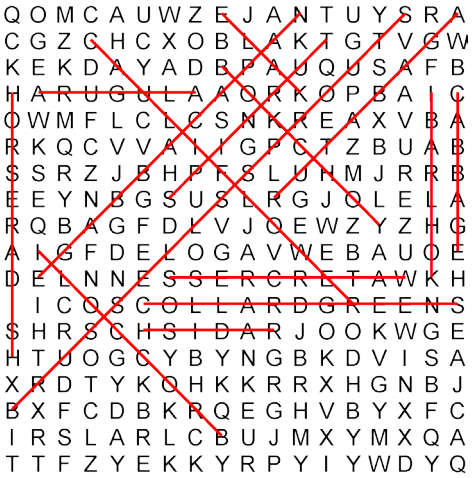
Puzzle Answers:

S	O	M	E		F	A	T		I	N
17	11	3	18		24	9	10		14	20

Y	O	U	R		S	A	L	A	D		H	E	L	P	S
6	11	15	19		17	9	2	9	7		16	18	2	1	17

Y	O	U	R		B	O	D	Y		A	B	S	O	R	B
6	11	15	19		22	11	7	6		9	22	17	11	19	22

N	U	T	R	I	E	N	T	S
20	15	10	19	14	18	20	10	17



Dressing Your Salad

Decode the message by finding each substitute letter.

A	B	C	D	E	F	G	H	I	J	K	L	M
9	22	12	7	18	24	4	16	14	23	13	2	3

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
20	11	1	25	19	17	10	15	5	26	21	6	8

17 11 3 18 24 9 10 14 20

6 11 15 19 17 9 2 9 7 16 18 2 1 17

6 11 15 19 22 11 7 6 9 22 17 11 19 22

20 15 10 19 14 18 20 10 17

Men Need Vegetables

Listen up men. This is important. You need to eat your vegetables especially if you have symptoms of enlarged prostate. Why?

Two studies of men eating between two and three cups of vegetables a day showed they were less likely to have prostate symptoms or an enlarged prostate. Those who ate the most green and orange vegetables had the best outcome. The anti-inflammatory compounds found in vegetables may be the reason for the finding.

Fewer prostate problems is not a direct result of just eating more vegetables but, what it suggests is that the men who eat them are more likely to follow a healthy lifestyle. So, men, when you are looking for a snack pick vegetables. Carrots would be a good choice.

Source...
American Journal of Clinical Nutrition, 2008.

Cruciferous Quiz

Arugula
Bok Choy
Broccoli
Brussells Sprouts
Cabbage
Cauliflower
Collard Greens
Horseradish
Kale
Kohlrabi
Napa Cabbage
Radish
Rutabaga
Turnips
Watercress

Q O M C A U W Z E J A N T U Y S R A
C G Z C H C X O B L A K T G T V G W
K E K D A Y A D B P A U Q U S A F B
H A R U G U L A A O R K O P B A I C
O W M F L C L C S N K R E A X V B A
R K Q C V V A I I G P C T Z B U A B
S S R Z J B H P F S L U H M J R R B
E E Y N B G S U S L R G J O L E L A
R Q B A G F D L V J O E W Z Y Z H G
A I G F D E L O G A V W E B A U O E
D E L N N E S S E R C R E T A W K H
I I C O S C O L L A R D G R E E N S
S H R S C H S I D A R J O O K W G E
H T U O G C Y B Y N G B K D V I S A
X R D T Y K O H K K R R X H G N B J
B X F C D B K R Q E G H V B Y X F C
I R S L A R L C B U J M X Y M X Q A
T T F Z Y E K K Y R P Y I Y W D Y Q

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