

WE GOT THE EATS!

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Happy National Fresh Fruit & Vegetable Month!

June brings a bounty of delicious fruits and vegetables which is perfect to celebrate Nation Fresh Fruit & Vegetable Month! As we know fruits and vegetables are great source of fiber from last month's newsletter! Read on to see what other health benefits they offer! I would love to hear from all of you! I can be reached at Ext 4200 and sshiu@luhonline.com.

Eat the Rainbow!



Getting the recommended 5 servings of fruits and vegetables daily is important especially with only 1 out of 10 Americans meeting that standard according to the CDC. In addition to missing out on the benefits of fiber, vitamins and minerals we could also be missing out on other healthful benefits.

We have probably all heard "Eat the Rainbow". Lets find out where that comes from! Have you hear of phytonutrients before? Phyto is Greek for plant. Phytochemicals are chemicals produced by plants which provide a health benefit beyond normal functions. Phytonutrients have a wide range of health benefits and can be found across the spectrum of different colored fruits and vegetables hence the famous saying!

Phyto-What?



Benefits of the Rainbow

There are 5 main color groups: red, orange/yellow, green, blue/purple, and white. Red foods contain lycopene and can support heart health and ward off prostate and breast cancer. Orange/yellow foods contain carotenoids which support vision and immune system and fights inflammation. Blue/purple foods contain anthocyanins which supports heart and brain health and wards off GI cancers. White foods contain allicin which support heart and bone health and wards off stomach cancers.

Examples

- Red foods: tomatoes, watermelon, beets, red bell peppers
- White foods: onions, garlic, cauliflower, leeks, mushrooms
- Green foods: leafy greens: spinach, kale, broccoli
- Blue/purple foods: eggplant, red cabbage, blueberries,
- Yellow/orange: carrots, yams, peaches, apricots



Considerations

- Buy seasonally to keep your produce intake varied and your grocery bill low
- Aim for at least 2 colorful fruits or vegetables at each meal to reap all their benefits
- Consuming whole foods is the best bet due to the synergistic effect of the fiber, vitamins, minerals and phytochemicals versus supplements

RAINBOW SUMMER MEDITERRANEAN SALAD

A beautiful and colorful salad that takes advantage of summer's delicious produce! (<https://betterfoodguru.com/rainbow-summer-mediterranean-salad/>)

Ingredients:

- 2 heads of chopped romaine, spring mix or preferred greens
- 2 peaches, sliced
- 1 can of heart of palm, drained and cut in rings
- 1 pint of cherry tomatoes
- 1/2 head of red cabbage, shredded
- 2 bell peppers
- 10 Kalamata olives, halved
- 1/4 of red onion, thinly sliced
- 3 tsp of extra olive oil
- 2 lemons, juiced
- 1 avocado, sliced
- 1 tbsp of fresh mint, chopped
- 1 tsbp of fresh oregano, chopped



Prep Time : 10 mins

Cook Time: 20 mins

Yield: 5 Servings

Nutrition: 118 kcal, 9 g of fiber, 5 g of protein, 20 g of carbohydrates



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RAINBOW SUMMER MEDITERRANEAN SALAD

Instructions:

1. **Preheat oven to 425 and place sliced bell peppers on a sheet pan and roast for 15 minutes turning once halfway then put aside to cool while preparing other ingredients.**
2. **Put romaine or salad green of choice in large mixing bowl with peaches, hearts of palm, cherry tomatoes, red cabbage, Kalamata olives and red onion.**
3. **When peppers are cooled remove stems and large seeds and slice lengthwise and add to bowl and drizzles with olive oil and squeeze lemons. Mix contents by hand until everything is well distributed.**
4. **Season with salt and pepper to taste.**
5. **Garnish with fresh mint, fresh oregano and avocado slices.**

TIP: Add a lean protein (fish, chicken or beans) for a complete meal!

