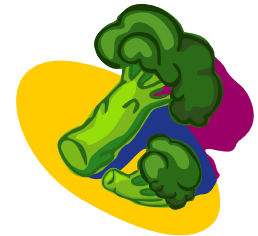




## DON'T BE AFRAID TO TRY A NEW VEGETABLE THIS WEEK!

Vegetables and fruits are packed with nutrients that our bodies need to stay healthy. This is pretty much a given, but there are people who still do not consume enough fruits and vegetables to meet their daily nutrient needs. One reason for this could be fear of the unknown vegetable. Do you continuously consume the same vegetables day in and day out? Have you made it a routine to have a side of green beans or mashed potatoes with your main dish? You have to start thinking outside of your comfort zone when it comes to vegetables. Think more in "color." Vegetables come in a variety of colors, so try something outside your usual "colors" this week and make an effort to continue this habit in the future.



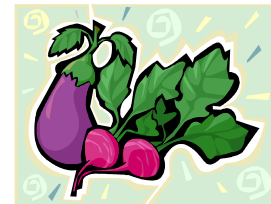
Here are some colorful vegetables that you may want to try:

Red Bell Peppers  
Radishes  
Rhubarb

Carrots  
Pumpkin  
Sweet Potatoes



Eggplant  
Turnips  
Beets



Peas  
Brussels sprouts  
Cucumbers  
Broccoli



Corn  
Squash





## Savor the Spectrum

### Reds

When you add deep reds or bright pinks to your daily diet, you are also adding a powerful antioxidant called lycopene. Lycopene is found in tomatoes, red and pink grapefruit, watermelon, papaya and guava. Diets rich in lycopene are being studied for their ability to fight heart disease and some cancers.

### Greens

Do you know why this color is so essential to your diet? Green vegetables are rich in the phytochemicals that keep you healthy. For example, the carotenoids lutein and zeaxanthin that are found in spinach, collards, kale and broccoli have antioxidant properties and are being studied for their ability to protect your eyes by keeping your retina strong. Also, research is being done on cruciferous vegetables like cabbage, brussels sprouts, cauliflower, kale, and turnips to see if they may reduce the risk of cancerous tumors! Greens are also loaded with essential vitamins (folate), minerals, and fiber.

### Oranges/Yellows

Orange vegetables and fruits like sweet potatoes, mangos, carrots, and apricots, contain beta-carotene. This carotenoid is a natural antioxidant that is being studied for its role in enhancing the immune system. In addition to being touted as a powerful health-protector, the orange group is rich in Vitamin C. Folate, most often found in leafy greens, is also found in orange fruits and vegetables, and is a B vitamin that may help prevent some birth defects and reduce your risk of heart disease.

Bright yellows have many of the same perks as the orange groups: high in essential vitamins and carotenoids. Pineapple, for example, is rich with Vitamin C, manganese, and the natural enzyme, bromelain. Additionally, corn and pears are high in fiber.

### Blues/Purples

Blues and purples add health-enhancing flavonoids, phytochemicals, and antioxidants. Anthocyanins, a phytochemical, are pigments responsible for the blue color in vegetables and fruits, and are being studied for their role in the body's defense of harmful carcinogens. Blueberries, in particular, are rich in Vitamin C and folic acid and high in fiber and potassium.

### Whites

Vegetables from the onion family, which include garlic, chives, scallions, leeks, and any variety of onion, contain the phytochemical allicin. Research is being conducted on

- Allicin to learn how it may help lower cholesterol and blood pressure and increase the body's ability to fight infections.
- Indoles and sulfaforaphanes, phytochemicals in cruciferous vegetables like cauliflower, for how they may inhibit cancer growth.
- Polyphenols, another important phytochemical in pears and green grapes for how they may reduce the risk of certain cancers.

Information adopted from CDC 5 A Day: The 5 A Day Campaigns: Color Your Way to 5 A Day  
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