



# Family Nutrition In Action

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Colorful fruits and vegetables play an important role in disease prevention. They are rich in vitamins and minerals, in addition to other plant substances (phytochemicals) that promote health. Take a look at the rainbow of foods.

## REDS

Foods like tomatoes, red and pink grapefruit, watermelon and guava are rich in lycopene, a phytochemical that seems to reduce the risk for certain types of cancer. These foods are also rich in vitamin C.

## GREENS

Green vegetables look great and taste wonderful, and are packed with important nutrients. Spinach, collards, kale, and broccoli are rich in vitamin A, vitamin C, and folate, in addition to carotenoids that also protect body tissues. Foods in the cabbage (or cruciferous) family are known to be nutrient-packed. Eat up your cabbage, brussels sprouts, cauliflower, kale and turnips!

## ORANGES

Orange fruits and vegetables, like sweet potatoes, pumpkin, cantaloupe, mangoes, carrots and apricots, have beta carotene. Beta carotene turns into vitamin A in our body, and is known to be an antioxidant that may reduce the risk for some types of cancer and heart disease. Foods in this color group are also rich in vitamin C, vitamin E, and in some cases, folate.

## BLUES

Anthocyanins, a phytochemical, are responsible for the blue color in fruits and vegetables, and they may help defend against harmful carcinogens. Blueberries, in particular, are good sources of vitamin C, folic acid, fiber, and potassium.

Make it a goal to add one new colorful fruit or vegetable to your diet every week. You'll discover wonderful flavors and textures while giving your body these nutritious foods.



## Celebrate St Patrick's Day with Pot 'Gold Soup

### Pot 'O Gold Soup

- 2 tablespoons margarine
- 1 small onion, chopped
- 3 medium potatoes, cubed
- 1 large carrot, sliced
- 3 chicken bouillon cubes
- 1 ½ cups low fat milk
- 3 cups chopped cabbage
- 1 ½ cups leftover corned beef, cut into bite-size pieces



In a Dutch oven, melt the margarine and cook the onion until soft. Add the potatoes, carrot slices, bouillon cubes, and just enough water to cover, and simmer until potatoes are tender, about 20 minutes. With a hand-held blender, puree the potatoes until smooth (or mash with a fork). Add the milk, cabbage and leftover corned beef and simmer another 15 minutes. Season with salt and pepper to taste, and serve.

### Perfect Wrap!

Who says sandwiches have to be boring. Not only do we have all kinds of breads, from whole wheat to sunflower seeds, but now we also have flat breads and flour tortillas. Sandwiches made with flat bread, pita, and flour tortilla have gained popularity in the fast food world. Try making your own “wrap” sandwich at home.

### The Basics

**Wrapper:** Use flour tortilla or pita bread (look for the whole wheat kind) for the wrap sandwich. To warm the wrapper, microwave on medium heat for 30 seconds or wrap in foil and place in a 375°F oven for about 5 minutes.

**Filling:** Add a selection of vegetables, like sliced tomatoes, bell peppers, cucumbers, green onions, spinach leaves, shredded carrots, lettuce or

cabbage. Add an ounce or two of lean meat, poultry, tuna, tofu, beans, or reduced-fat cheese.

**Sauce:** Roll up the sandwich and serve with a light sauce, like salsa or plain yogurt.

#### Wraps for kids

Kids can also enjoy wrap sandwiches. Try these kid-friendly ideas:

- Spread some peanut butter over pita bread or flour tortilla. Add thin slices of banana, thin slices of apple, or dried fruits.
- Sprinkle some reduced-fat cheese on a flour tortilla and melt, then add shredded carrots, diced tomatoes, cooked beans, or diced ham.

When choosing wrap sandwiches in restaurants and fast foods, you want to be cautious because these sandwiches can exceed the limits of fat and calories. Follow these recommendations to keep fat and calories under control:



- **SUPER SIZE:** Many wrap sandwiches are big. Consider sharing with a friend or eat half at the restaurant and take the other half home.
- **DRENCHED IN SAUCE:** Instead of having them add the dressing or sauce when preparing the sandwich, ask for the it on the side. Use just a small amount of the sauce.

*Adapted from the American Institute for Cancer Research Newsletter, Spring 1998.*

### **Nutrition and Physical Activity: Partners Against Cancer**

The American Cancer Society has stated that approximately one-third of the 500,000 annual cancer deaths in the US are due to poor diet and lack of exercise, while another third is from cigarette smoking. This means that by making changes in lifestyle, people can reduce their risks for cancer.

Read the following recommendations. Place a check mark (T) next to the recommendations you are willing to put into practice. Your next step will be to take ACTION!

#### **Nutrition**

- G** Choose a diet with plenty of plant sources.

\_\_Include vegetables and fruits at every meal and snack.

\_\_Choose whole grains instead of processed (refined) grains.

- G** Limit consumption of red meats, especially those high in fat and processed.

\_\_Choose fish, poultry, and beans as an alternative to meat.

\_\_Choose lean cuts of meat and remove any visible fat.

\_\_Prepare meat by baking or broiling instead of frying.

#### **Whole Grains:**

- Oat bran
- Whole wheat products
- Brown rice
- Corn tortillas

#### **Physical activity**

- G** Engage in physical activity every day.

\_\_Adults need at least 30 minutes of physical activity on 5 or more days a week.

\_\_Children and adolescents need at least 60 minutes (1 hour) of physical activity for at least 5 days a week.

#### **Choose activities you enjoy.\***

- < Daily chores (vacuuming, organizing closets, general lawn and garden maintenance)
- < Structured exercise (aerobic classes, strength training)
- < Sports (tennis, volleyball, basketball, golf)
- < Leisure activities (walking, bicycling, roller-skating, dancing)

*\* Consult with your physician before making any changes to your physical activity level.*

#### **Take it easy.**

- < Stretch and warm up before you start any exercise or physical

activity to keep your muscles from getting sore or injuring.

### **Steady progress.**

- < Start slow at first, especially if you've not been physically active at all before. It's best to do less and feel good, than to push the limits and be in pain. Always consult your doctor before increasing the intensity of any activity.

### **Be safe.**

- < Use the buddy-system and exercise with a friend. Exercise in safe places and wear bright colors if you are out at dusk or if you are around traffic.

### **TV Turn Off Week is April 22-28, 2002\***

Did you know that . . .

- # On average, children in the US will spend more time in front of the television (1,023 hours) than in school this year (900 hours)?
- # Approximately 40% of Americans frequently watch television during dinner?

Television keeps us connected to world events and some programs are actually educational in nature. But too much TV watching is not good. Time spent watching TV cuts into family time, affects

children's ability to read and use their imaginations, and contributes to unhealthy, sedentary lifestyles.

### **Turn Off The TV!**

Turning off the television gives us a chance to reconnect with our family and to participate actively in our communities. Get the family together and write an activity plan. Fill it up with TV-free activities. Here are some ideas:

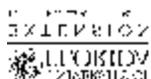
- ) Start a journal
- ) Make a scrapbook or photo album
- ) Cook a meal with family or friends
- ) Play board games
- ) Go to the library or a local bookstore
- ) Start a garden
- ) Attend local cultural and sporting events
- ) Listen to music
- ) Sign up for a class (languages, crafts)
- ) Visit the zoo or local museum

*\* TV-Turnoff Week is supported by over 70 national organizations, including the American Medical Association, American Academy of Pediatrics, National Education Association, and President's Council on Physical Fitness.*



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## **Local Family Nutrition Program:**



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