

March
2005



COLORFUL NUTRITION

BY JULIE DUNCAN, MPH, RD, CD
NUTRITION, DIETETICS, AND FOOD SCIENCES

Imagine a beautiful autumn day. Leaves of red, orange, and yellow rustle in the branches overhead. The colors of the season belong to carotenoids, or plant pigments that generally are red, orange, and deep yellow. The array of colors in fruits and vegetables also comes from carotenoids. The clues to their presence are obvious in the vibrant palette of produce in your supermarket.

It is essential to get a colorful variety of fruits and vegetables into your diet every day. Colorful fruits and vegetables provide the wide range of vitamins, minerals, fiber and phytochemicals your body needs to stay healthy and energetic.



Blue/Purple: These fruits and vegetables contain varying amounts of health-promoting phytochemicals such as anthocyanins and phenolics, currently being studied for their potential antioxidant and anti-aging benefits. Get a variety of blue/purple every day with foods such as blackberries, blueberries, plums, raisins, eggplant, purple asparagus and purple cabbage.



Green: Green fruits and vegetables contain varying amounts of phytochemicals such as lutein and indoles, which interest researchers because of their potential antioxidant, health-promoting benefits. Go green every day with a variety of fruits and vegetables like avocados, green apples, green grapes, artichokes, asparagus, broccoli, green beans and leafy greens.



Red: Specific phytochemicals in the red group that are being studied for their health-promoting properties include lycopene and anthocyanins. Get a variety of red every day by eating fruits and vegetables such as red apples, cherries, cranberries, pink/red grapefruit, strawberries, beets, red peppers and tomatoes.



Yellow/Orange: Yellow/orange fruits and vegetables contain varying amounts of antioxidants such as vitamin C as well as carotenoids and bioflavonoids, two classes of phytochemicals that scientists are studying for their health-promoting potential. Every day, include a variety of yellow/orange foods like yellow apples, apricots, cantaloupe, mangoes, nectarines, oranges, peaches, butternut squash, carrots, yellow peppers, sweet corn and sweet potatoes.



White: White, tan and brown fruits and vegetables contain varying amounts of phytochemicals of interest to scientists. These include allicin, found in garlic and the onion family. Get all the health benefits of white by including a variety of foods such as bananas, brown pears, cauliflower, garlic, ginger, jicama, kohlrabi, mushrooms, onions, potatoes, turnips, and white corn.

So, the next time you eat, take a moment to look at what is in front of you. Ask yourself, "What color is on my plate?"



UPCOMING EVENTS

TO REGISTER, OR FOR MORE INFORMATION VISIT
www.byu.edu/wellness OR CALL 8-5884

ALL EVENTS ARE  **FREE** UNLESS OTHERWISE NOTED

ROCK CLIMBING AND MOUNTAINEERING WELL & WISE SEMINAR

MARCH 9, 12:00 P.M. - 1:00 P.M.

GEAR UP FOR THIS MONTH'S WELL & WISE FEATURING DR. STACY TANIGUCHI, ASSISTANT PROFESSOR IN THE DEPARTMENT OF RECREATION MANAGEMENT & YOUTH LEADERSHIP AND AN EXPERIENCED MOUNTAINEER AND CLIMBER WHO WILL TEACH YOU THE BASICS TO ROCK CLIMBING AND OTHER MOUNTAINEERING TIPS.

"OUTDOOR ADVENTURE" 3K WALK AND CLIMBING WALL

MARCH 25, 11:30 A.M. - 1:00 P.M.

ESCAPE FROM YOUR DESK FOR AN OUTDOOR 3K WALK ALONG WITH AN OPPORTUNITY TO CLIMB A 24 FT WALL. EXPERIENCED CLIMBERS WILL BE ON SITE TO ASSIST PRIZED AND REFRESHMENTS WILL BE PROVIDED.

MOUNTAIN BIKING WELL & WISE

MARCH 30, 12:00 P.M. - 1:00 P.M.

WHEN WAS THE LAST TIME YOU ENJOYED A GREAT RIDE UP IN THE MOUNTAINS? DR. MARK WIDMER, THROUGH HIS BIKING EXPERIENCE, WILL TAKE YOU ON A RIDE THROUGH HIS TIPS, EXPERIENCES, AND RECOMMENDATIONS FOR PLACES TO GO IN UTAH.

BREAST CANCER SCREENINGS - MARCH 7 AND 25

UTAH VALLEY REGIONAL MEDICAL CENTER OR OREM COMMUNITY HOSPITAL

COST: APPROXIMATELY \$185.00

ACCORDING TO THE NATIONAL CANCER INSTITUTE, STATISTICS SHOW THAT 13.4 PERCENT OF WOMEN BORN TODAY (1 IN EVERY 7) WILL DEVELOP BREAST CANCER AT ANY GIVEN PERIOD OF THEIR LIFE. INCREASING AGE ALONE IS A RISK FACTOR FOR A WOMAN TO DEVELOP BREAST CANCER. WITH THESE INCREASING STATISTICS, THE NCI STRONGLY ENCOURAGES WOMEN TO TAKE PREVENTATIVE MEASURES WHICH CAN REDUCE THE RISKS OF DEATH RELATED TO BREAST CANCER. SOME RECOMMENDATIONS INCLUDE:

- ***BREAST-SELF EXAM (BSE):** WOMEN OVER 20 SHOULD PERFORM SELF-EXAMS MONTHLY.
- ***CLINICAL BREAST EXAM:** WOMEN BETWEEN 20 AND 40 SHOULD HAVE A CLINICAL INSPECTION EVERY THREE YEARS AND WOMEN OVER 50 SHOULD BE CHECKED EVERY YEAR.
- ***MAMMOGRAMS:** THOSE BETWEEN 40 AND 49 SHOULD HAVE A MAMMOGRAM SCREENING EVERY ONE TO TWO YEARS. THOSE OVER 50 SHOULD HAVE A SCREENING EVERY YEAR.



MORNING FRUIT AND YOGURT BOWL*

- 1/3 CUP PLAIN LOW-FAT YOGURT
- 3 TABLESPOONS LOW-FAT COTTAGE CHEESE
- 2 TEASPOONS BROWN SUGAR
- 1/2 TEASPOON COCONUT EXTRACT
- 2 TABLESPOONS ROLLED OATS
- 6 ALMONDS, COARSELY CHOPPED
- 1/3 CUP STRAWBERRIES
- 1/3 SEEDLESS GREEN GRAPES
- 1 BANANA
- 1 TABLESPOON DARK RAISINS
- 2 TEASPOONS CHOPPED FRESH MINT



BLEND YOGURT, COTTAGE CHEESE, SUGAR, AND COCONUT EXTRACT FOR 15 SECONDS. REFRIGERATE MIXTURE, AND PREHEAT THE OVEN AND BAKE FOR ABOUT 5 MINUTES. IN THE BOTTOM OF A MEDIUM-SIZED BOWL PLACE CUT FRUIT AND POUR YOGURT SPRINKLING THE ALMONDS, OATS, RAISINS, AND MINT. SERVES 1.

376 CALORIES; 6 GR. TOTAL FAT; 2 GR. SAT. FAT; 7 MG CHOL;

*FROM *THE WELLNESS LOWFAT COOKBOOK*