



Health Beat

Monthly Insight on Health and Nutrition

Fruitastic

Eating fruit provides many different health benefits. It has been proven that people who eat more fruit as part of an overall healthy diet are less likely to develop chronic diseases such as cardiovascular disease, stroke and type 2 diabetes. Eating fruit is also associated with better weight maintenance. Fruits are low in calories compared to that of other foods. Fruits have a high water and fiber content, which can help you feel full longer.

For the most benefit, make sure to choose a wide variety of colors of fruits. A good rule of thumb is the darker the fruit the better it is for you. Often times the darker the fruit the more antioxidants it has. Antioxidants are all of the vitamins, minerals, carotenoids, and polyphenols present in foods that significantly slow or prevent the oxidation (damage of oxygen) process, and will prevent or repair damage to the cells in your body. For example, bright oranges or tangerines; or deep red apples have more antioxidants than white cherries would. Not that white cherries don't have many good nutrients of their own, they just don't have the antioxidant powers of brighter fruits.

Color coded vegetables for your health:

Green

Good Choices: Limes, kiwi, honeydew, green grapes.

Health Advantages: Protect eyesight and reduce your risk of developing macular degeneration, an eye disease that can lead to blindness.

Red

Good Choices: Watermelon, red grapes, cranberries, strawberries, cherries, pink grapefruit, papaya.

Health Advantages: Provide antioxidants that can ward off inflammation,

prevent urinary tract infections and reduce the risk of certain cancers.

Yellow

Good Choices: Grapefruit, pineapple, lemons.

Health Advantages: May help strengthen the immune system due to the increased amounts of vitamin C. Also helps maintain healthy digestion.

Orange

Good Choices: Apricots, cantaloupe, peaches, mangos.

Health Advantages: Helps maintain eye health and can also delay cognitive aging and protect skin from sun damage.

Purple

Good Choices:

Blackberries, plums, prunes, blueberries, raisins, purple grapes, figs.

Health Advantages:

May slow down age related loss of brain activity. Acts as an anti-inflammatory and may guard against cancer.

White

Good Choices: Pear and banana.

Health Advantages:

May protect the heart due to the high potassium content.



Citrus Glazed Fruit Medley

Yields-10 Serving Size ½ cup

1-1/2 cups	sugar
2 cups	orange pineapple juice or orange juice
2 tbsp	cornstarch
2 cups	strawberries (sliced)
2 cups	bananas (sliced)
2 cups	cantaloupe (1" cubes)
2 cups	purple grapes

In small saucepan combine sugar, juice, and cornstarch. Bring to a boil. Cook stirring constantly for 2-3 minutes or until sauce is thick. Remove from heat and place in an airtight container. Refrigerate 3 hours.

In a large bowl combine fruit and pour glaze over fresh fruit. Toss and serve.

Refrigerate leftovers in an airtight container.