



News Release

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Add Color to Your Diet With Spring and Summer Fruits and Vegetables

(Salt Lake City, UT) - It's time to get colorful, says the Utah 5 A Day Association and the Utah Department of Health (UDOH). Spring is the perfect time to liven up meals with bright and vivid fruits and vegetables. "Sampling the color spectrum is a good rule to live by when filling up your plate," advises Christine Krstic, UDOH Registered Dietician and Utah's 5 A Day Coordinator. Creating meals with a variety of colors adds visual interest and wets the appetite far better than a meal dominated by dull hues. Not only will your plate look more appealing your food will taste better. The more reds, oranges, greens, yellows, and blues you choose the more likely your meal will be good for your health. To help Utahns eat five servings of fruits and vegetables each day, the 5 A Day Association and the UDOH have provided some recipes to help get started.

REDS – By adding deep reds or bright pinks to a meal, you are also adding a powerful antioxidant called lycopene. Foods that contain lycopene, such as tomatoes, red and pink grapefruit, watermelon and guava have been suggested to reduce the risk of certain cancers, including prostate cancer. *Suggested Recipe: Creamy Tomato-Pepper Pasta*

GREENS - Greens are essential to your diet. For example, the carotenoids—lutein and zeaxanthin—that are found in spinach, collards, kale and broccoli have antioxidant properties that protect your eyes by keeping your retina strong. Also, green vegetables (like cabbage, brussel sprouts, cauliflower, kale and turnips) may reduce the risk of cancerous tumors!

Suggested Recipe: Broccoli & Green Beans with Ginger Green Sauce

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ORANGES - Orange colored fruits and vegetables like sweet potatoes, mangos, carrots, and apricots, contain beta-carotene, which is an antioxidant that enhances your immune system. In addition to being a powerful health-protector, the orange group is rich in Vitamin C and Vitamin E. Folate is also found in orange fruits and vegetables and is a B-vitamin that may help prevent some birth defects. *Suggested Recipe: Curried Rice with Roasted Carrots and Apricots*

YELLOWS - 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. Bromelain can aid in digestion and reduce bloating. Additionally, corn and pears are high in fiber. Yellow fruits and vegetables belong to many different families, but they all share the common bond of enhancing health and tasting great. *Suggested Recipe: Springtime Corn & Squash Soup*

BLUES/PURPLES - Blues and purples not only bring beautiful hues to your plate, they also add health-enhancing flavonoids, phytochemicals, and antioxidants. The blue color in fruits and vegetables come from anthocyanins, which help defend against harmful carcinogens. Blueberries, in particular, are rich in Vitamin C and folic acid and high in fiber and potassium. *Suggested Recipe: Fresh Berries with Sweet Vinegar Sauce*

This is not a single-color season! Besides looking and tasting great, foods rich in red, green, orange, yellow, blue and purple colors will put you on the path to better health. By putting something of every color on your plate or in your lunch bag, you are more likely to eat at least 5 servings of fruits and vegetables every day. This season, get your “5 A Day” the colorful way!

The 5 A Day program is a joint initiative of the National Cancer Institute and the Produce for Better Health Foundation to increase consumption of fruits and vegetables to at least five servings daily for better overall health. For more information and ideas on how to color your daily diet with fruits and vegetables, check out the 5 A Day web site at www.5aday.gov and the UDOH web site at www.hearhighway.org.

April is Public Health Month

“Utah Public Health is for Everybody, Everyday and Everywhere”

(5 recipes are attached)