



# hen house

## your market

### **Healthy Picks from the Produce Department**

- Eat fresh fruits and vegetables as a snack, put them in an easy to reach place where you will see them and eat them, carry them in a purse or backpack for a take along snack, take some to work for a pick me up afternoon snack
- Try a variety of juices or make your own! Try blending orange-grape-lemon or other fun combinations. Just make sure they're 100% juice
- Enjoy easy to carry 100% juices during a workout break, work break or a take- on- the- go breakfast drink.
- Freeze fresh fruit, then whiz it in the blender for a fruit slushy!
- Try portable, energy packed dried fruits or bananas for sustained energy if you hike, cycle, run or walk long distances
- Try dried cranberry, mango, apricots and raisins as nutritious alternatives to candy
- Blueberries and strawberries could soon be enlisted to fight against cancer because of their high concentration of phytochemicals which are agents that do battle with cancer cells
- Add fresh berries to a dark leaf lettuce or spinach salad and a simple vinaigrette dressing. It will make an eye appealing salad that weight watchers will appreciate
- Slice fresh fruit over yogurt or ice cream for added fiber and vitamins
- Wake up your taste buds by adding fresh or dried fruit to oatmeal or dry cereal
- A basic muffin recipe becomes a favorite with the addition of fresh or frozen berries
- Citrus fruits are an excellent source of vitamin C. A vitamin essential for the production of white blood cells which protect against infections and bacterial toxins
- Eating 20 cherries daily could reduce the risk of a heart attack by 30%
- Recent studies show that the antioxidant compounds in cherries are 10 times stronger than aspirin or ibuprofen in relieving pain. Experts say a bowl of cherries or glass of cherry juice daily could ease the pain of arthritis, headaches or even gout
- The American Heart Association recently recognized watermelons nutritional properties by giving it the "heart healthy" seal of approval
- Watermelon and tomatoes contains high concentrations of lycopene, an antioxidant that may help reduce the risks of cancer and other diseases
- One pear averages 4g of fiber! That's a great start to getting the recommended 25-35g per day
- One cup of berries contains 80mg of vitamin C and 4g of fiber- twice as much as a slice of whole wheat bread
- Cranberry juice has been helpful in treating urinary track infections
- Orange juice is high in folate. The latest finding suggest adults should consume 400 mcg per day to decrease risk of heart disease, and colorectal cancer
- Freeze grapes, bananas, chunks of mango for healthy dessert treats
- Try tropical fruits for an exotic change of taste
- Apples are rich in pectins, which are soluble fibers demonstrated to be effective in lowering cholesterol levels
- Apples are rich in flavonoids. Researchers have been investigating the relationship between flavonoid intake and reduced incidence of heart disease and cancer
- Eat your 5 servings daily of fruits and vegetables. They are good for you and are low in calories, contain no cholesterol
- Add peas, broccoli or another vegetable to low-fat macaroni and cheese
- Beets contain a bluish pigment called anthocyanin, which have been found to neutralize the effects of free radicals, unstable molecules that can attack human cells and damage their DNA
- Dark green lettuce such as kale, spinach and romaine lettuce are rich in essential vitamins, vital minerals, and food value



- Dark green leafy vegetables are a good source of vitamin E, which has been found to inhibit skin tumors and carcinogenesis in a number of tissues, carotene, fiber, calcium, iron, vitamin C, and vitamin K
- Spinach is great source of folic acid. An essential vitamin for women of child bearing age to prevent birth defects. Use spinach leaves instead of lettuce on sandwiches for extra nutrition
- Broccoli is a good source of calcium which helps maintain healthy bones and prevent osteoporosis (you can substitute spinach, kale, collard greens)
- Cruciferous vegetables (like broccoli, cauliflower, red and green cabbage, brussel sprouts, radishes, rutabagas, turnips, radicchio, daikon, collard greens, kale, mustard greens) contain sulfur compounds which may help lower cholesterol levels and protect against certain types of cancer especially breast. They are also high in vitamin K which is essential for blood clotting
- Potatoes are a great source of potassium, fiber and vitamin C
- Orange, yellow and red roots like carrots, beets, and sweet potatoes have a high concentration of beta carotene and other antioxidants associated with reduction of risk for heart disease and cancer
- Squash are good sources of potassium, B vitamins, vitamin C, folic acid, and fiber
- Sweet potatoes are a good source of Vitamin A (as are pumpkin, carrots)
- Onions not only add flavor to your plate, they have been found to reduce your risk of developing certain types of diseases including heart disease
- Onions are a great source of vitamin C, potassium, dietary fiber and folic acid
- Hot jalapeno peppers contain a compound called capsaicin, which may treat pulmonary disorders, lower cholesterol levels and block pain
- Mushrooms contain compounds that can boost immunity and help protect against cancer. They contain B vitamins and potassium and are a source of protein
- Add frozen vegetables to canned soup before heating
- Sneak peppers, onion, and zucchini into pasta sauces for added fiber and nutrients
- Make your next pizza with half the cheese and twice the vegetables
- Make a fast lunch at our salad bar with a plate full of healthy mixed raw vegetables and fruit, add a little tuna or chicken for some protein.
- Eat a larger portion of your vegetables at meal time in place of the higher fat and or calorie entrée
- Make your salads creative- add raw corn, fresh fruit, chestnuts or steamed asparagus
- For a quick lunch or snack, stuff a pita pocket or roll a tortilla with vegetables, low-fat cheese, and mustard or low-fat vinaigrette.
- Keep fruit salads interesting by combining fresh and dried fruit, and top with shredded unsweetened coconut and a spoonful of yogurt
- Add chopped apples, diced pineapple or sliced grapes to coleslaw, chicken salad, or tuna salad



hen house  
your market