



Fit For The Future . . .

Issue # 18

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PHYTOCHEMICALS

Phytochemical is a **BIG** word for something that does **BIG** things for your body. These natural plant chemicals come from fruits and vegetables.



Not only do fruits and vegetables make a plate look attractive, their **PHYTOCHEMICALS** may help prevent diseases and conditions, including cancer, macular degeneration, cataracts, and heart disease.

The phytochemicals that give plants color and flavor also protect them from sun, wind and disease. When eaten, phytochemicals give us similar protection. A large number of phytochemicals that have been identified have been known to lower the risk for cancer.

Foods that provide the richest supply of phytochemicals are citrus fruits and berries, green, leafy vegetables, soy beans, nuts and some grains. Until more is known about phytochemicals and how they function, it is best to eat a variety of foods as recommended by MyPyramid.



GET MOVING . . . HOW MANY CALORIES CAN YOU BURN?

Any amount of movement is good for your health, but some activities burn more calories than other. Following is a list of a few activities and the number of calories the average person might burn in 30 minutes:

Aerobics (Low-Impact) - 270	Golf (walking) - 115	Mowing (push) - 191
Basketball - 380	Grocery shopping - 114	Raking lawn - 128
Brushing teeth - 80	House cleaning - 112	Running (8 min mile) - 450
Child care - 112	Ironing - 72	Stair climbing - 310
Cycling (6 mph) - 130	Jump rope - 290	Swimming - 250
Dancing (line) - 138	Kissing - 34	Walking (flat) - 130

DID YOU KNOW . . . ?

- ✓ Corn and greens contain lutein and zeaxanthin which research shows can decrease risk of cataracts and age related macular degeneration that can lead to blindness.
- ✓ Broccoli, kale, cabbage and bok choy are rich in sulforaphane, isocyanate and indoles which are important cancer fighters!
- ✓ Blue and purple fruits and vegetables contain anthocyanins which may delay aging in the brain and reduce the risk of blood clots forming.
- ✓ Orange fruits and vegetables contain beta carotene, which the body converts to Vitamin A. Vitamin A plays a key role in keeping your eyes healthy.

WHAT'S IN A COLOR?

Blue/Purple

Fruits: blueberries, dried plums, grapes, blackberries, raisins, strawberries, red apples, raspberries, cherries, cranberries

Vegetables: purple cabbage, beets, eggplant, radicchio

Red/Orange

Fruits: watermelon, pink grapefruit, guava, papaya, oranges, mangos, apricots, peaches, cantaloupe

Vegetables: tomatoes, carrots, sweet potatoes, winter squash

Yellow/Green

Fruits: kiwi, grapefruit, honeydew melon, bananas

Vegetables: Corn, kale, spinach, cabbage, greens, broccoli, asparagus, Brussels sprouts, okra, cabbage, avocados



FAMILY ACTIVITY . . . CUT UP A FRESH PINEAPPLE

Cutting a fresh pineapple is a two part family activity. Parents should demonstrate how to cut a pineapple following the directions below to avoid the possibility of the children getting cut. Then the children can plant the pineapple top in the ground or in a pot with potting soil and watch it grow. Eventually it will produce a pineapple.

To cut a fresh pineapple: use a sharp knife to cut off the top of the pineapple about 1/2 inch below the leafy part. Next cut off the bottom of the pineapple. Begin cutting vertical strips of the tough skin until all the skin is off. Remove the remaining "eyes" which are the brown prickly areas with the tip of the knife. Pineapples do not have to be cored but if the core is tough, it should be removed. Slice the remaining pineapple and enjoy! You could even use it in the recipe below in place of the crushed pineapple.

CLIP AND COOK

Fruity Yogurt Banana Split

- 2 bananas
- 3 strawberries
- 1 kiwi
- 4 1/2 ounces canned crushed pineapple, drained
- 1/2 cup non-diary whipped topping
- 1-8 ounce container strawberry/banana yogurt
- 1/2 cup chopped nuts (optional)



1. Chop strawberries and kiwi and place in a bowl
2. Drain pineapple and add to strawberries and kiwi.
3. Peel bananas cut in half and slice lengthwise. Put two slices of banana in each bowl.
4. Mix whipped topping and yogurt together in small bowl.
5. Spoon 1/2 of yogurt mixture into each serving dish.
6. Top with fruit mixture.
7. Spoon remainder of yogurt mixture over fruit.
8. Top with nuts.

Makes 4 servings.

