

MARCH/APRIL 2011



MINDFUL NUTRITION COUNSELING

5061 N.PULASKI RD.
CHICAGO, IL. 60630

773.539.9364

WWW.MINDFULNUTRITIONUSA.COM

How Pretty is your Palate?

March is National Nutrition month and National Colorectal Cancer Awareness Month and dietitians are telling us to ramp up the color in our diets. Many Americans fall short of getting the seven or more cups of fruits and vegetables that are recommended by nutrition experts. To add insult to injury, we dine on anemic-looking salads, overcooked vegetables, and fruit bathing in corn syrup.



**2010 Dietary Guidelines
for Americans
The Bottom Line**

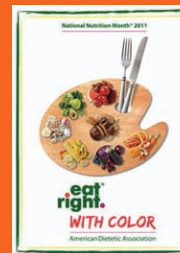
A 2009 report from the U.S. Centers for Disease Control and Prevention concluded that 67.5 percent of adults ate fruit less than two times daily and 73.7 percent ate vegetables less than three times per day. This is a far cry from the consumption goals set by Healthy People 2010 where 75 percent of Americans are encouraged to eat two or more fruit servings, and 50 percent are encouraged to eat at least three servings of vegetables every day.

Most of us know that it is important to eat a diet rich in fruits and vegetables. So why aren't we doing it?

One often cited reason that people have for eschewing fruits and vegetables is the time it takes to prepare them. With our ever increasing rushed lifestyles, the thought of washing, peeling, and chopping produce can be overwhelming. These foods become less of a priority when many parents struggle to just pull a meal together for their families. Another factor that may hinder our consumption of produce is their costs. The recent economic downturn has consumers tightening their wallets. Shoppers may reason that two pounds of potatoes or a sack of rice can feed more mouths at a fraction of the cost of fruits and vegetables. Finally, our ever increasing love affair with prepared and fast foods has dumb downed our palate. We simply prefer the sodium, sugar, and fat that we have become accustomed to eating, and that juicy red apple just can't compete.

These reasons may all be valid, but there are solutions to every problem, including these dilemmas. The following tips can help:

- Plan your meals around produce that is seasonal. Seasonal fruits and vegetables are less expensive and taste better.
- Shop at your local farmer's market or check out the following seasonal growing map at <http://www.mindfulnutritionusa.com/resources/map.asp>.
- Prepare a meatless meal once or twice a week. Use budget-friendly dried beans, tofu, or nuts as less expensive protein substitutes for meat. Whip up a stir-fry, comforting vegetable stew, or pasta dish for a delicious change of pace.
- Stock your freezer with frozen squash, vegetable blends, and berries which are easy to prepare and just as nutritious as their fresh counterparts. Family size bags are less expensive. In addition, there is less waste since you can meter out exact portions to prepare.
- Keep a bowl of fresh fruit on the table or counter.
- Wash and cut fruit and vegetables immediately after shopping for ease of preparation during the week, and to snack on.
- Add grated or cooked pureed vegetables to soups, casseroles and pasta sauces.
- For dessert, dip whole strawberries, banana chunks, and apples slices in melted dark chocolate.



The United States Department of Agriculture (USDA) and Health and Human Services (HHS) have teamed up to send a strong message to Americans; cut way back on salt, eat more whole grains, and get moving. Unlike earlier versions, the 2010 Dietary Guidelines are specific such as 'replace sugary drinks with water'.

There are 23 key recommendation for the general public and six key recommendations for specific target groups such as individuals 51 years and older. A major emphasis of the newly revised Dietary Guidelines for Americans is to choose nutrient-dense whole grains, fruits and vegetables over nutrient-poor sugars, refined grains and saturated fats.

- Fill up on vegetables and fruits and make sure they cover half of your plate.
- Choose lean meats, poultry, seafood and vegetable proteins such as nuts and seeds.
- Consume mainly nonfat or low-fat milk and other dairy products.
- Choose low-sodium products in food preparation and avoid chips, packaged and convenience foods, all of which are loaded with salt.
- Increase foods high in fiber and replace most refined grains and grain-based foods with whole-grain versions.
- Replace butter and stick margarine with olive oil, canola oil, and other monounsaturated fats.
- Drink water and calorie-free beverages like coffee and tea instead of regular sodas, fruit drinks, and energy drinks.
- Limit alcoholic drinks to one a day for women, and two for men.
- Cut down on your portions and exercise more to achieve a healthier weight.

To see the complete 2010 Dietary Guidelines for Americans go to:

<http://www.health.gov/dietaryguidelines>

powerful
produce page
2!

Join the 60 Percent!

(that get cured by early detection)



Fighting the war against colorectal cancer through research, empowerment & access

Get answers to your questions about colorectal cancer by calling 1-877-4CRC-111 (1-877-427-2111)



703-548-1225 • www.FightColorectalCancer.org



Colorectal cancer, or cancer that begins in the large intestine or rectum, is the second leading cause of cancer-related deaths in the United States. It affects women and men equally, and most commonly occurs in individuals 50 years and older. According to Prevent Cancer Foundation, over 142,500 people will be diagnosed with colorectal cancer and nearly 51,400 will die of the disease this year alone.

Colon cancer commonly begins as small benign groups of cells called adenomatous polyps. Over time, some of these polyps become cancerous. Polyps are often small and produce few or no symptoms. For this reason, doctors recommend regular screening tests to identify polyps before they become colon cancer.

You should be screened for colorectal cancer soon after turning 50, then continue getting screened at regular intervals. If you or a close relative has had colorectal polyps, colorectal cancer, or inflammatory bowel disease, you may need to be screened earlier and more often.

There are several tests that screen for colorectal cancer. Some are used alone or in combination with each other. Talk with your doctor about which test or tests are best for you. The following tests are recommended by colorectal cancer specialists:

- Colonoscopy: every 10 years
- High-sensitivity Fecal Occult Blood Test (FOBT): every year
- Flexible Sigmoidoscopy: every 5 years

While heredity is thought to be the biggest risk for colorectal cancer, other factors may lower your odds. Studies show that regular physical activity, eating a low fat diet, and maintaining a healthy weight can lower your risk. There is also some thought that certain medications such as aspirin, and nutrients including calcium, Vitamin D, and selenium, may play a role in colorectal cancer prevention. However, early screening remains the best way to fight colorectal cancer; a cancer that may have up to a 90 percent cure rate if detected in its earliest stages.



ProducePower

Pretty produce pack a powerful punch (of nutrients, that is). Try saying that three times. It's true; color is often indicative of the nutritional hardness of fruits and vegetables. This color pigment is akin to a barometer that measures the amount of health-enhancing nutrients that occur naturally in plants. So what colors should decorate your plate? Read on...

Green

Green produce contain powerful antioxidants that may reduce cancer risks and promote healthy vision. Fruits include avocados, apples, grapes, honeydew, and kiwis. Vegetables include artichoke, asparagus, green beans, green peppers, and leafy greens such as spinach. Brussels sprouts, cabbage, and broccoli all contain indoles, which are believed to be protective against breast cancer.

Red

Fruits such as tomato, guava, papaya, pink grapefruit, watermelon contain the antioxidant, lycopene. Lycopene is thought to reduce the risk of prostate cancer and heart disease. Beets, red peppers, red cabbage, and rhubarb are all wonderful sources of this antioxidant.

Orange and Yellow

Mango, cantaloupe, peaches, sweet potato, carrot, and corn are rich in beta carotene, which promotes healthy vision, strengthens immunity, and may slow the aging process.

Purple

The deep violet pigment of blueberries, eggplant, and red grapes is the result of anthocyanins. This group of antioxidants fight cell-damaging free radicals that are thought to play a role in heart disease, cancer, other chronic illnesses.

Can red meat, cured, or processed foods increase my risk for colorectal cancer?

No evidence-based studies have linked diets high in red meats, and processed or cured foods such as lunch meat to colorectal cancer.

However, medical experts do advise eating a diet rich in fiber, low in fat, and abundant in fruits and vegetables to lower your risk for chronic illnesses such as heart disease, obesity, and diabetes.

10 Reasons to See a Dietitian!

