



HealthBits

March 10, 2011

March is National Nutrition Month!

Want to make 1 change in your diet that can help you:

- Lose weight
 - Prevent heart disease and cancer
 - Lower your blood pressure and cholesterol
 - Protect your immunity, memory and vision
- And more...

Then Add a Splash of Color to Your Plate!



Aim for 3 Colors a Day!

Green produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.
 avocado, apples, grapes, honeydew, kiwi and lime, artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

Orange and deep yellow fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.
 apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple, carrots, yellow pepper, yellow corn and sweet potatoes

Purple and blue options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.
 blackberries, blueberries, plums, raisins, eggplant, purple cabbage, purple-fleshed potato

Red indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.
 cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon, beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

White, tan and brown foods sometimes contain nutrients that may promote heart health and reduce cancer risks.
 banana, brown pear, dates and white peaches, cauliflower,

Top o' the Morning To You!



Here's a green treat to enjoy this St Patrick's Day:

Green Potatoes

Mashed potatoes
 Pesto
 Pureed peas

Mix them all together and enjoy!

Note I did not include specific amounts. Add pesto and pureed peas to your preference for taste and appearance.

(I use about 1 cup pesto and 1 cup peas for 6 cups of potatoes)

Ok, if this doesn't sound fun, try it for the ultra-nutritious pack it punches into your meat and potatoes meal.

Did You Know... Artificial colors still found in many foods are a health hazard!?! They're associated with cancer risk and children's behavioral problems. To protect your health read labels and choose a naturally-colored product instead.



Click Pick www.moneysavingmom.com

Here you'll find a number of features to help you with frugal living. Check out her 31 Weeks to a Better Grocery Budget video series. You'll find brief videos to watch from home to help you save at the store!

