

5 A Day

Did you know that eating five fruits and vegetables a day is important to help you maintain your health? Along with tasting great, fruits and vegetables are low in calories and fat, and high in vitamins, minerals and fiber. Eating lots of fruits and vegetables as part of a low-fat, high-fiber diet helps reduce cancer risk.

Remember, five is the minimum - the more the better!

Chemoprevention

Have you heard the word "chemoprevention"? Chemoprevention is the use of compounds to prevent, stop, or reverse the development of cancer. Nutraceuticals, phytochemicals and antioxidants fall under the term "chemoprevention", and are often promoted because of their potential health benefits. Much of the chemopreventive substances being researched are found within fruits and vegetables.

Ellagic acid is a phenolic compound that has become known as a potent anti-carcinogenic/anti-mutagenic compound. Ellagic acid acts as a scavenger to "bind" cancer-causing chemicals, making them inactive. Berries such as *raspberries, strawberries and blueberries* have high concentrations of ellagic acid. These berries can be part of the five-a-day recommendation. As chemoprevention research progresses, specific recommendations for berry consumption may be developed for those at-risk for certain cancers. Until then, *consult with your physician before making significant changes* in lifestyle choices.

Authored by:

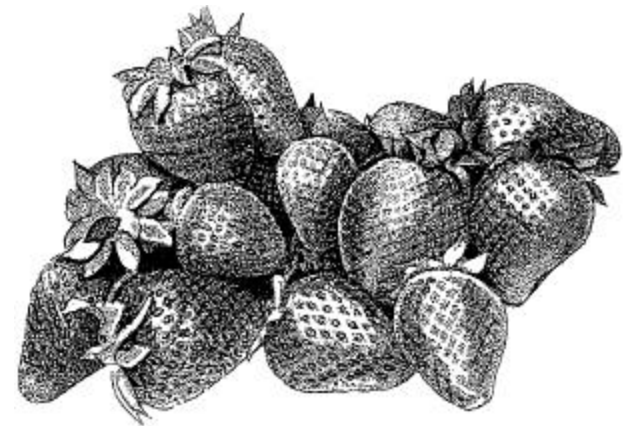
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Berries for healthy living



Strawberry

NUTRITION FACTS

Serving Size: 8 medium berries (147g)

Amount Per Serving

Calories 45 Calories from Fat 0
% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrates 12g 4%

Dietary Fiber 4g 16%

Sugars 8g

Protein 1g

Vitamin A 0% • Vitamin C 160%

Calcium 2% • Iron 4%



Strawberry Squares

Ingredients:

- 2 ½ cups graham cracker crumbs
- ½ cup melted butter or margarine
- 1 pint crushed strawberries
- ½ cup sugar
- 1 teaspoon lemon juice
- 1 package strawberry gelatin
- 1 8oz. tub whipped topping

Mix 2 cups graham cracker crumbs and ½ cup butter together and put into an 9" X 13" pan and cook 10-15 minutes at 350 °F. Heat the strawberries, sugar and lemon juice together in a saucepan until hot, then add the gelatin, bring to a boil and then allow to cool. Add half the whipped topping to the gelatin mixture then pour over graham cracker base. Spread remaining whipped topping over the squares, then sprinkle the remaining crumbs on top and chill. Makes 6 servings.

1 serving = kcal 280, fat 14gm, sat. fat 5gm, chol 0mg, sodium 250mg, carb.35gm, dietary fiber 2gm, protein 2gm.

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Hawaiian Smoothie

Ingredients:

- ½ cup guava juice
- 1 cup vanilla ice cream
- 1 teaspoon macadamia nuts
- 1 tablespoon coconut milk
- ½ banana
- 1 slice pineapple
- 8 medium size strawberries

Blend ingredients for about 30 seconds. Add 4 ice cubes and blend for 30 seconds more. Pour into a glass and garnish with a slice of pineapple and a strawberry. 1 serving: kcal 245, Fat 10.5gm, sat. fat 6gm, chol. 30mg, sodium 57.5mg, carb. 38.5gm, dietary fiber 3.5gm, and protein 3.5gm.

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Fruit Shake

Ingredients

- 1 cup milk
- 1 cup fresh strawberries
- ½ pineapple chunks
- ½ cup plain low -fat yogurt
- 1 tsp vanilla
- 4 ice cubes

Combine all ingredients except ice cubes in blender container; blend until smooth add ice cubes, blend until thickened. Yields 2 servings. 1 serving = kcal 150, fat 3.5gm, chol. 12mg, sodium 105mg, carb. 22gm, dietary fiber 2gm, protein 18gm. *Recipe courtesy of the "From the Heart Cookbook" – Pampered Chef*