

Healthy Picks from the Hen House Produce Department

- Eat fruit and drink 100% fruit juice for breakfast
- Put dried or fresh fruit on your cereal for a healthy breakfast
- Eat fresh fruits and vegetables as a snack
- Put fruits and vegetables in an easy to reach place where you will see them and eat them
- 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
- 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.
- Freeze fresh fruit, then whiz it in the blender for a fruit slushy!
- Add peas, broccoli or another vegetable to low-fat macaroni and cheese
- Try portable, energy packed dried fruits or bananas for sustained energy if you hike, cycle, run or walk long distances
- Enjoy easy to carry 100% juices during a workout break or event break
- Keep fresh fruits or vegetables in your purse or backpack for a quick and healthy snack
- Keep fruits and vegetables handy at work for a late afternoon snack to boost your energy
- 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
- Consumption of blueberries may reverse some of the properties of aging because of their antioxidant properties
- Blueberries may help prevent urinary track infections
- 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
- 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
- A basic muffin recipe becomes a favorite with the addition of fresh or frozen berries
- Dark green lettuce such as kale, spinach and romaine lettuce are rich in essential vitamins, vital minerals, and food value
- Broccoli is a good source of calcium which helps maintain healthy bones and prevent osteoporosis (you can substitute spinach, kale, collard greens)
- 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
- 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

- Sweet potatoes are a good source of Vitamin A (as are pumpkin, carrots)
- Eat your 5 servings daily of fruits and vegetables. They good for you and low in calories and fat and have no cholesterol
- Eating 20 cherries daily could reduce the risk of a heart attack by 30%
- The red color of cherries (or beets, red grapes) is due to the anthocyanins, which contain antioxidants which may help prevent varicose veins by strengthening blood vessel walls
- 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
- Researchers have discovered that cherries are packed with perillyl alcohol, a natural chemical that not only flushes cancer causing substances out of the body, but also helps stunt the growth of cancerous cells
- The American Heart Association recently recognized watermelons nutritional properties by giving it the “heart healthy” seal of approval
- Watermelon contains high concentrations of lycopene, an antioxidant that may help reduce the risks of cancer and other diseases
- Researchers have found that men who ate lycopene rich diets of tomatoes and tomato products had a much lower risk of developing certain types of cancers, especially prostate cancer
- 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
- Spinach is great source of folic acid. An essential vitamin for women of child bearing age to prevent birth defects
- 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
- Grape juice, packed with antioxidants, may help protect against heart disease and certain types of cancers
- Cranberry juice has been helpful in treating urinary track infections
- Orange juice is high in folate. The latest findings suggest adults should consume 400 mcg per day to decrease risk of heart disease, and colorectal cancer
- Tomatoes contain lycopene. This potent antioxidant is thought to boost immunity and maintain mental function during the aging process
- There is a high association between consuming tomatoes and tomato based products and the reduced risk for a number of cancers including lung, prostate, stomach, breast and colon
- Cruciferous vegetables (like broccoli, cauliflower, red and green cabbage, brussels 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

- Cruciferous vegetables are high in vitamin K which is essential for blood clotting
- Hot jalapeno peppers contain a compound called capsaicin, which may treat pulmonary disorders, lower cholesterol levels and block pain
- Spinach is high in lutein, which can prevent or slow macular degeneration
- Deep green leafy vegetables are a good source of beta carotene, fiber, calcium, iron, vitamin C, and vitamin K
- Mushrooms contain B vitamins and potassium and are a source of protein
- Mushrooms contain compounds that can boost immunity and help protect against cancer
- Use spinach leaves instead of lettuce on sandwiches for extra nutrition
- Have carrot or tomato juice for an afternoon break instead of coffee or soda
- Top baked potatoes with salsa instead of sour cream
- Add frozen vegetables to canned soup before heating
- Make your salads creative- add raw corn, fresh fruit, chestnuts or steamed asparagus
- 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
- Eat a larger portion of your vegetables at meal time in place of the higher fat and or calorie entrée
- 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
- Onions are a great source of organosulfur compounds found to inhibit clumping of blood platelets, reduce cholesterol levels, and lower the risk for certain types of cancers
- Onions are a source of vitamin C, potassium and trace minerals
- Since the long-term effects of synthetic chemicals aren't yet known, many people feel safer eating organic produce
- Take a bag of grapes or sweet cherries to the movies to munch on instead of popcorn
- Freeze grapes, bananas, chunks of mango for healthy dessert treats
- Whirl frozen berries and banana in the blender with a little milk or yogurt for a refreshing snack
- Try dried cranberry, mango, apricots and raisins as nutritious alternatives to candy

- 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
- Toss clementine oranges (small, portable, and pre-packaged in their own biodegradable easy to peel skin) in a purse, backpack or briefcase for a fast snack on the go
- Try tropical fruits for an exotic change of taste
- Use 100% fruit juice or fruit preserves as the base for fat-free salad dressing and marinades. Mix 1 part juice, 2 parts vinegar
- 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

Provided by: Hen House Markets