

Nutrition SENSE

UNIVERSITY OF MASSACHUSETTS – DINING SERVICES

NOV/DEC 2009

We're on the web:
www.umassdining.com

THIS MONTH'S
quick tip
The more colors you
consume, the more
nutrients you get.

DIETITIAN
on duty

Get free nutrition advice in the
DC's at the following times!
Wednesdays from 5:30-7:00 pm

November 4th – Berkshire DC
November 18th – Worcester DC
December 2nd – Hampshire DC
December 9th – Franklin DC

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The government
recommends
that Americans eat
5-9 servings of
FRUITS AND VEGETABLES
per day.

Nine a day the DC Way!

Fruits and vegetables are one of the best sources to find many of the nutrients that your body needs: Vitamins, minerals, fiber, phytochemicals (provide color, odor and flavor of foods and may help prevent certain diseases) and antioxidants (helps the immune system and has disease preventing properties). The government recommends that Americans eat 5-9 servings of fruits and vegetables per day. Fruits and vegetables have many other health benefits beside the basic nutrients, such as cell protection, reducing risk of certain diseases, maintaining and losing weight, etc. Fruits and vegetables are also very nutrient dense, meaning that they have a high amount of nutrients in proportion to the calories, giving you the best bang for your buck!

Top 10 reason to Eat More Fruits and Vegetables



10. **COLOR AND TEXTURE:** makes your meal more appealing and adds crunch
9. **CONVENIENCE:** easy to cook and eat, even on the run
8. **FIBER:** provides a feeling of satiety (feeling of fullness between meals)
7. **LOW IN CALORIES:** helps to maintain weight or lose weight
6. **HELPS REDUCE DISEASE RISK** by providing phytochemicals
5. **VITAMINS AND MINERALS:** produce provides the best source of vitamins and minerals that your body needs to help it function correctly.
4. **VARIETY:** choose from sweet to crunchy, soft to hard. Everyone can find something to enjoy!
3. **QUICK, NATURAL SNACK:** most are already in a ready-to-eat form which can be taken on the go and your body will thank you!
2. **GUILT FREE:** produce makes you feel less guilty than if you ate the potato chips or cookies
1. **THEY JUST PLAIN TASTE GOOD!**

What Fruits and Vegetables are in Season?

FreshPoint Connecticut Sustainable Crop Calendar

Note - the number in each column represents the approximate start and finish week for that particular commodity ie 1st, 2nd, 3rd and 4th

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
APPLES					4		1					
BLUEBERRIES							1	3				
MUSK MELON												
NECTARINES									2	2		
PEACHES							3		4			
PEARS									2		4	
STRAWBERRIES												
ASPARAGUS				4	4							
BASIL						3				2		
BEANS							2			2		
BEANS, FAVA												
BEETS							1	1				
CABBAGE, GREEN							1				3	
CABBAGE, RED							1				4	
CABBAGE, SAVOY							2			3		
CARROTS				2				2				
CHARD							4			3		
CORN							3			4		
COLLARD GREENS						4					1	
CUCUMBERS							1		4			
EGGPLANT							4				1	
FIDDLEHEADS				3	4							
KALE						4					1	
LEEKs									4		1	
LETTUCE						1	4					
MUSHROOMS	1											4
ONIONS		3						1				
ORNAMENTALS									1	4		
PARSNIPS	1											4
PEAS						3	1					
PEPPERS							3			3		
POTATOES		2							1			
PUMPKINS									1		1	
RAMPS, WILD				4	4							
ROMANESCO										2		2
SPINACH												
SQUASH, GREEN						3				3		
SQUASH, YELLOW						3				3		
SQUASH, ACORN								2				1
SQUASH, BUTTERNUT	4							2				
SQUASH, SPAGHETTI								3		3		
SQUASH, EXOTIC									1		2	
TOMATO, HOT HOUSE						1	4			1		1
TOMATOES							4			4		
TURNIPS										2		1

Varieties In Each Commodity Include

APPLES

Cortland
Empire
Fuji
Gala
Golden Delicious
Ginger Gold
Honeycrisp
Jona Gold
Macintosh
Macintosh / Empire
Macoun
Mutsu Crispin
Northern Spy
Paula / Macintosh
Paula Red
Red Delicious
Rome
Spartan

ONIONS

Red
Yellow

PEARS

Bartlett
Bosc
Clapp
Green
Red
Seckle

BEANS

Fava
Green
Ky (pole)
Wax (yellow)

LETTUCE

Boston
Green
Red
Romaine

PEAS

English
Snow
Sugar

ORNAMENTALS

Corn Stalks
Gourds
Indian Corn
Mini Indian Corn
Straw Bales
Strawberry Corn

PEPPERS

Cherry Hot
Cubanelle
Green
Jalepeno
Long Hot
Purple
Red
Yellow

POTATOES

Red
Round White
Russett
Yukon Gold

PUMPKINS

Baby
Baby Boo
Face (Carving)
Giant
Mini
Sugar

SQUASH, EXOTIC

Ambercup
Blue Hubbard
Buttercup
Carnival
Delicata
Gold Nugget
Gumpkin
Orange Acorn
Red Hubbard
Red Kuri
Scallop
Sweet Dumpling
Turban
White Acorn

TOMATOES

Cherry
Grape
Green
Heirloom
Plum (Roma)
Red Beefsteak
Red Teardrop
Yellow
Yellow Cherry
Yellow Grape
Yellow Teardrop

TURNIPS

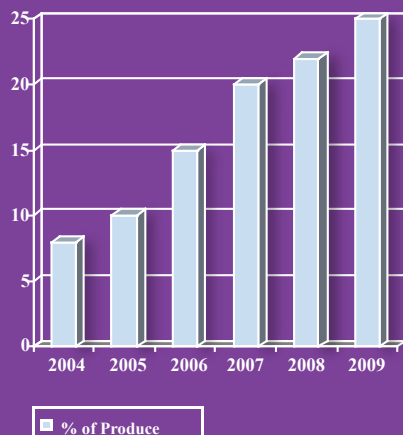
Purple Top
Yellow Globe



Did you know?

UMass Dining purchases 25% of produce from local farmers. Other produce is purchased from FreshPoint out of Harford, CT.

FreshPoint purchases 15% of their local produce from 160 local farmers in MA, CT and NY; the rest of their produce is purchased from across the country and around the world.



Consuming More Fruits and Vegetables in the DC....

The dining commons offer a fully stocked salad bar everyday, which include, whole fruit options, cut fruit options, vegetarian and vegan options at every meal, a vegetarian soup option and multiple vegetable sides. So getting your 5-9 servings a day is very easy to achieve. Here are some helpful tips to tweak your daily routine in favor of fruits and vegetables.

- Add more vegetables instead of meat on tacos or try vegetarian tacos
- Add more vegetables instead of cheese to your omelet
- Have fruit for dessert instead of sweets
- Have two vegetable sides with your meal instead of one
- Have at least two or more different vegetables (tomato, lettuce, onion, cucumbers, spinach, sprouts, etc.) on your sandwich
- Add fresh, canned, dried fruit or fruit topping to your cereal, yogurt, pancakes, French toast and waffles
- Have 100% juice instead of soda or juice beverages with meals
- Aim for multiple colors in your salad, not just green
- Grab an apple or banana for a snack between classes
- If you're a meat eater, try the vegetarian or vegan options 1-3 times per week
- Use dark green lettuce instead of iceberg to increase your nutrient intake
- Add peas or legumes (kidney, garbanzo beans) to your soup and salads
- Eat pizza with vegetables instead of meats

Don't Fight Phytochemicals!

Phytochemicals are compounds that originate from plants and are responsible for the color, odor and flavor of certain foods. They may help prevent certain diseases. They do not provide calories. Our bodies absorb them from the foods we eat. Below is a chart explaining what the benefits are from the various colors of fruits and vegetables that you choose to eat.

COLOR	PRODUCE	FUNCTIONS OF PHYTOCHEMICALS
RED	Tomatoes, Tomato Products, Red and Pink Grapefruit, Watermelon and Guava	May reduce risk of certain cancers, including prostate cancer.
ORANGE/ YELLOW	Apricots, Yellow Pears, Cantaloupe, Lemons, Mangos, Nectarines, Oranges, Pineapples, Peaches, Papaya, Sweet Potatoes, Butternut Squash, and Carrots	Protects the immune system. Helps healthy heart, vision health, lowers risk of some cancers. Blocks carcinogens from entering cells and helps repair DNA.
WHITE, TAN AND BROWN	Bananas, Brown Pears, Garlic, Cauliflower, Jicama, Onions, Parsnips, Potatoes and Mushrooms	Foods in the onion family (scallions, onions, garlic) can increase immune activity, decreases risk of some cancers.
GREEN	Avocado, Kiwi, Green Pears, Green Apples, Green Grapes, Honeydew Melon, Green Beans, Cucumbers, Leafy Greens, Peas and Zucchini	Protects against cancer. Blocks carcinogens from entering cells. Helps repair DNA. Protects the eyes. Antioxidant.
BLUE/ PURPLE	Blueberries, Purple Grapes, Plums, Raisins, Blackberries, Eggplant and Purple Cabbage	May protect against cancer. Currently being studied for antioxidant and anti-aging benefits.

One function of many phytochemicals is to prevent oxidation (a chemical reaction that turns cut fruit such as apples and pears brown once it is exposed to air). Also known as an antioxidant, it contains disease-fighting properties, helps keep the immune system healthy and reduces the risk of cancer and other diseases. The more fruits and vegetables you consume daily, the more benefits you receive!

Inside the New Food Guide Pyramid

SERVING SIZES OF FRUITS AND VEGETABLES

- 1 medium fresh fruit
- 1/2 cup (4 oz) fruit or vegetable juice
- 1/2 cup fresh, frozen or canned fruit or vegetable
- 1 cup raw leafy vegetables
- 1/2 cup cooked vegetables
- 1/4 cup dried fruit



Vegetable Group

Vary your veggies

Any vegetable or 100% vegetable juice counts as a vegetable. Variety is emphasized, both in color and eating method, so that you can get as many nutrients as are available.



Fruit Group

Focus on fruits

Any fruit or 100% fruit juice counts as a fruit. Again variety is emphasized, both in the type of fruit you eat and the method by which you eat it. All are emphasized to gain as many nutrients as possible.

Cooked vs. Raw Produce






The chart to the right informs you how nutrients are affected in preparation methods.



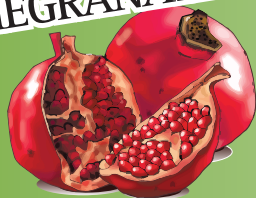
PREPARATION METHOD	ADVANTAGES	DISADVANTAGES
BOILED	<ul style="list-style-type: none"> - Makes vegetables tender - Kills potentially harmful pathogens - Can preserve longer by freezing 	<ul style="list-style-type: none"> - Nutrients such as water soluble vitamins (C, B complex) are lost into the cooking water - Heat can destroy some nutrients, causing the nutrient to have less bioavailability (body can't absorb it as well)
STEAMED	<ul style="list-style-type: none"> - Nutrients are not leached out into water as easily - Stay fairly crisp but also tender - High heat can destroy some of the nutrients 	<ul style="list-style-type: none"> - High heat can destroy some of the nutrients
RAW	<ul style="list-style-type: none"> - No nutrients are destroyed - Slows your eating time to help maintain weight or promote weight loss - Have a crispy crunch 	<ul style="list-style-type: none"> - Not tender - Have to be eaten fairly quickly or spoilage occurs - Harmful pathogens may be present
BAKED	<ul style="list-style-type: none"> - Nutrients are not lost into the cooking water - Creates a tender product 	<ul style="list-style-type: none"> - Nutrients can be destroyed by the high heat
PEELING	<ul style="list-style-type: none"> - Removes surface dirt and pathogens - Easier to eat 	<ul style="list-style-type: none"> - Lose fiber and nutrients that are in the skins of the fruits and vegetables

Important Nutrients & Where to Find Them

The following is a list of many of the nutrients that your body needs on a daily basis to function correctly and what your best fruit and vegetable sources are to find them. Each nutrient serves a different and vital function within the body.

NUTRIENT	WHY YOU NEED IT	BEST PRODUCE SOURCE
FIBER	<ul style="list-style-type: none"> Helps promote gastrointestinal health and regularity Reduce risk of certain diseases like high cholesterol and heart disease Promotes healthy bacteria in intestines 	<ul style="list-style-type: none"> All fruits and vegetables 
VITAMIN A	<ul style="list-style-type: none"> Roles in vision and systemic functions. Helps with normal cell differentiation, growth and development, immune health and reproduction 	<ul style="list-style-type: none"> Tomatoes, peaches, cantaloupe, sweet potatoes, kale, spinach, carrots 
VITAMIN C	<ul style="list-style-type: none"> Serves as an antioxidant in many processes throughout the body Promotes resistance to infection Enhances iron absorption 	<ul style="list-style-type: none"> Kiwi, strawberries, oranges, artichokes, green peppers, citrus 
B VITAMIN COMPLEX	<ul style="list-style-type: none"> Important for the breakdown of food for energy. Help speed up reactions needed in the body Needed for development for certain essential amino acids Help metabolize carbohydrates, fats and proteins Helps in the release of energy once food is metabolized 	<ul style="list-style-type: none"> Watermelon, peas, kiwi, avocado mushrooms, peaches, tomatoes, bananas oranges, lima beans, sweet potatoes, carrots 
FOLATE	<ul style="list-style-type: none"> Essential for red and white blood cell formation and maturation Helps prevent neural tube defects in infants 	<ul style="list-style-type: none"> Blackberries, orange juice, strawberries, bananas, artichokes, raw green leafy vegetables, onions 
POTASSIUM	<ul style="list-style-type: none"> Regulate blood pressure 	<ul style="list-style-type: none"> Sweet potatoes, tomatoes, bananas, potatoes, lima beans, cooked greens, dried fruit

Fruit Spotlight POMEGRANATES



Edible fruit is a berry about 5-12 cm in diameter, and has a round hexagonal shape. The skin is thick and red and the berry contains about 600 seeds.

Very high in antioxidants, which may help keep “bad” cholesterol from oxidizing within the arteries.

The juice reduces the stickiness of blood, helping to prevent unwanted clots.

Improves the amount of oxygen getting to the heart muscles.

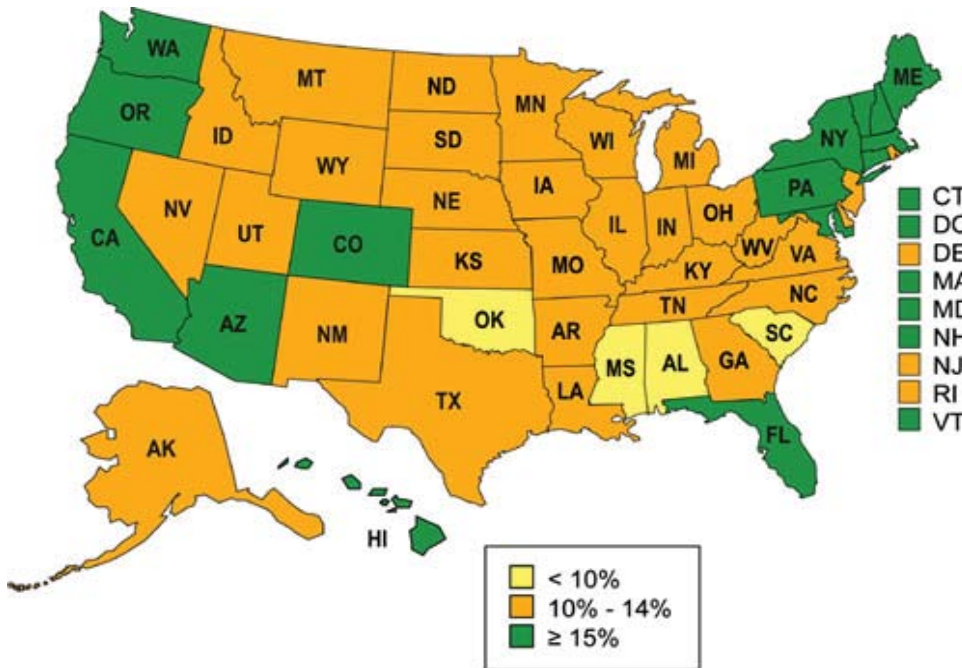
May help prevent or slow prostate and breast cancers.

May help with arthritis and the tannin in the peel can help alleviate diarrhea.

Fruit and Vegetable Statistics

How Does MA Rate?

Percentage of Americans 18 years old or older who consumed a serving of fruit twice a day and a serving of vegetables three times a day. (2009)



Serving of Fruit and Vegetables Per Day	Nationwide	MA
<1	5%	3%
1-2	35%	31%
3-4	36%	39%
5+	25%	28%

*Percentages refer to the state population over 18 that fit the criteria to the left.
 ** All above statistics from CDC website

Based on the above statistics, Massachusetts has a higher intake of fruits and vegetables as opposed to the rest of the country. It also shows that along the coasts and in the northeast, there is a higher intake of fruits and vegetables.

Researched and compiled by Stephanie Palmer, Nutrition Major, Class of 2010

Winner of twelve national awards from National Association of College and University Food Services:

“Outstanding College and University Menu for Residential Dining”

in 2000, 2001, 2002, 2004, 2005, 2006, 2007, 2008, 2009

“Most Creative Nutrition Promotion”

2003, 2004, 2006, 2008



Go to our website:
www.umassdining.com
 for more specifics to improve
 your eating habits

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