



Linda Fiveson

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Recipe of the Month

Rainbow Vegetable Medley

Ingredients

Peppers - 1 each, red, green, yellow (cut in strips)
6 bunches baby rainbow carrots
2 large leeks (cut in half lengthwise and then into pieces about 1 1/2 inches in size)
3 T unsalted butter
Kosher salt
2 t lemon zest, finely grated
1/2 t nutmeg, freshly grated
Freshly ground pepper
1/2 c assorted fresh herbs (basil, parsley, tarragon, mint, chives, etc.)
1 t fresh lemon juice

Directions:

Remove carrot tops and scrub rather than peel. Cut them in half lengthwise. Wash chopped leeks well. Put butter in a large pot and melt on stove. Add leeks and 1/4 t salt. Toss to coat. Cover and cook, until almost tender, stirring occasionally. Add carrots, lemon zest, nutmeg and 1/2 c water. Cover and continue cooking, stirring occasionally, until the carrots are tender. Add pepper strips and stir to mix with other vegetables. Add half of the herb mixture, lemon juice and salt and pepper to taste. Toss. Serve on a platter and sprinkle remaining herbs on top.

Delicious both hot and cold!

Somewhere Over "The Rainbow of Food Colors"

Who would have thought that the color of foods are a criterion for how healthy the foods are? That their nutritional value can be determined by their color? Well, there's definitely some truth to it and scientists say that color also has a significant impact on how appealing or unappealing a particular food is to us.

Color psychology, as applied to food, is a relatively new branch of study but it is already changing the way we think about food and the food choices we make. Different color edibles provide different nutrients so it makes sense that we should "mix it up" and consume a variety of colorful foods.

With foods that span across a rainbow of colors and beyond, our options are limitless. Think about how colorful fresh fruits and vegetables are for example. Not only do they come in many different colors and shades, they provide many different vitamins and minerals as well.

The **GREEN** color of many fruits and vegetables comes from Chlorophyll, a natural plant pigment. These foods contain folates and lutein, which is a natural yellow pigment. They are excellent sources of vitamin K, folic acid, potassium, carotenoids and omega-3 fatty acids. These can help prevent neural tube defects in pregnancy, lower blood pressure, assist with blood coagulation and fight bladder and colon cancers.

YELLOW fruits and vegetables get their coloring from lutein too, which is mainly known for maintaining eye health. These foods also offer benefits from the vitamin C they contain.

ORANGE fruits and vegetables are rich in beta-carotene. This antioxidant is often referred to as the "vision vitamin" even more so than lutein. It also benefits the immune system and is believed to reduce heart disease and prevent lung, stomach and esophagus cancers. Beta-carotene is good for our skin and bone health as well.

The **RED** color of fruits and vegetables is predominantly from lycopene, the carotenoid that is believed to reduce the risks of heart attacks and prostate cancer. Tomato based products have the highest concentration of lycopene. When heated, they are more easily absorbed by the body giving us better health benefits. Red fruits and vegetables contain vitamin C, folic acid and flavonoids. They have antioxidant, anti-inflammatory and antiviral properties and help maintain the health of small blood vessels and connective tissues. Cranberries are an exception; they are unlike other red fruits in that they get their color from anthocyanins rather than lycopene. They are a good source of tannins which protect cells by not allowing bacteria to become attached to them.

BLUE and **PURPLE** fruits and vegetables (even those which have reddish hues) get their colors from the phytochemical known as anthocyanin. They are good for healthy hearts and blood pressure. Darker shades of blue and purple have higher concentrations of anthocyanin and are therefore, more beneficial to our health. As a side note, blueberries have the highest antioxidant activity of all foods.

Despite the many healthy options out there, did you know that the majority of Americans do not diversify the food colors in their diet? Instead they sadly stay focused on **BROWN, BEIGE** and **WHITE!** Hmm... You might be puzzled for a minute trying to bring an image to mind of brown, beige and white fruits and vegetables. That's because there aren't too many. Except for maybe mushrooms or the leaves on old, rotting vegetables, what is there? Potatoes? Too much starch... You know what I'm talking about – brown and beige foods are the ones with a lot of refined starches, sugars and fats. They are the ones that harm rather than help us. The reality is that beige and brown foods lack the vibrant colors that make up a wholesome and nutritious diet and if you take note, there's no place for these dull colors in the rainbow. These

non-nutritious foods include breads, pasta, French fries, breaded foods, grains, wheat, matzoh, wraps, sweets, nuts, peanut butter, pretzels, chips.... In other words, the junk foods – the ones that are making us fat and unhealthy!

Remember, colorings are added to foods too so not all colorful options are healthy ones. In this day and age I don't think many of us would be surprised to learn that some of the foods we eat aren't "really" the color they appear to be at all. Instead, they've been enhanced or changed with natural and artificial dyes. This might sometimes be done to make it taste better but more often, it's to make it look better because many food colorings have no flavor at all. Spices and seasonings have long been added to food to enhance its taste. Preservatives have been added to slow spoilage, improve or maintain its freshness and safety and preserve it. Vitamins and minerals are added to fortify food and make up for all that was lost in the processing stages. Coloring's prime purpose is to beautify...

Color additives include all substances capable of imparting color. They fall under the jurisdiction of the FDA in the United States to ensure that they are accurately labeled and safe. It makes one wonder how safe they really are when millions of Americans have allergies and bad reactions to them. Nonetheless, color additives are in many food products. They are classified as either natural or synthetic.

Natural colors come from (natural) sources such as fruits, vegetables, minerals and animals. Not only are these more expensive than their synthetic counterpart, their colors are more subtle and they often add flavors to food which may or may not be desired. On the other hand, synthetically produced colors are made and used by man. This makes them more flexible and adaptable.

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Puzzle

Unscramble The letters in these words to identify which fruits and vegetables they are.
Answer are below.



(Continued from page 1)

Synthetic colors are most often found in processed foods to make them look more appetizing and tasteful although they add no flavor at all. This is perceived as a benefit in many cases. An example would be using an orange (fruit) for the coloring in a carrot cake. They get the color but not the citrus flavor that would be undesired. Synthetic colors are more desirable than natural ones because they are less expensive, easier to blend and they impart a deeper, more extensive range of colors.

It's always important to read labels to see what's in them. The fewer ingredients, the healthier the food. Natural is better than artificial and unprocessed is healthiest of all. We want to eat colorful diets but we want to know where the color is coming from... It will determine where your health is going...

Believe it or not, studies show that the colors of home and dining furnishings influence our appetites and the foods we eat. And, the colors of our dishes too. Look for a follow-up article coming in the near future...

1. RPAE
2. PGASER
3. CCBORRLI
4. GOARNE
5. CROART
6. RSYTRAEWBR
7. FGUTRPEAIR
8. SHNACIP
9. WKII
10. HSADIR
11. TRENAGNEI
12. ECAPH
13. SSAUAPGAR
14. NLETENMIEC
15. FCWLIAEURLO
16. PPEAL
17. RMCUUECB
18. MOAGN
19. IUPNRT
20. EBRSTRYAW



Linda Says...

*The types of food you eat matter.
So does their color.
Eat of rainbow of colors.*

Do you have a question or suggestion? A personal strategy you'd like to share? Send it to us ad we'll consider it for a future edition!

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Fiveson's Food

Over 100 menu choices! New items added often!
Formulated from Linda's "own" personal recipes since 1989.

NO sugar, NO flour, NO gluten, NO refined carbohydrates

Puzzle Answers

1. pear, 2. grapes, 3. broccoli, 4. orange, 5. carrot, 6. strawberry, 7. grapefruit, 8. spinach, 9. kiwi, 10. radish, 11. tangerine, 12. peach, 13. asparagus, 14. clementine, 15. cauliflower, 16. apple, 17. cucumber, 18. mango, 19. turnip, 20. strawberry