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Benefits of Fruits and Veggies – Simple Salads

People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. They provide nutrients vital for health and maintenance of your body. Most are naturally low in fat and calories and cholesterol-free!

Dietary fiber from vegetables helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as vegetables help provide a feeling of fullness with fewer calories.

Fruits are sources of many essential nutrients that are under-consumed, including potassium, dietary fiber, vitamin C, and folic acid. Vary your fruit and veggie choices as they all contain different nutrients.

Summer is the perfect time to add some tasty, fresh fruits and vegetables to your salads such as:

- Sweet red peppers which add Vitamin C
- Grated beets (canned or raw) & carrots (prepackaged)
- Cruciferous vegetables such as broccoli and cauliflower lightly cooked
- Avocados add healthy fats
- Mix up your greens – add spinach, arugula, mesclun and watercress
- Strawberries & blueberries (low in natural sugar and high in anti-oxidants)
- Pears & walnuts

Or try some salad variations:

- Sliced apples with walnuts, celery and low-fat mayonnaise
- Fresh fruit salad with cottage cheese & nuts
- Shredded cabbage and carrots (both come pre-shredded) with low-fat dressing
- Three bean salad (buy in jar and chill)



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Reference: www.choosemyplate.gov

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