

# UMD Health Services presents... Hot Topics

## Spring Issue 2008



As spring rolls around, we start gearing up for fun in the sun! Spring is also the time when fresh seasonal fruits and vegetables start showing up in farmer's markets and grocery stores, reminding us of how important it is to include them in our daily meals. This issue of Hot Topics is devoted to some simple ways we can include fruits and veggies in our lives everyday. For more information on this topic, you may want to visit these websites:

[www.myramid.gov](http://www.myramid.gov)

[www.eatright.org](http://www.eatright.org)

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

### "Ways to 5-a-day"

Too busy to think about fruits and vegetables? You are not alone!! Here are 12 suggestions for "sneakin' in" at least 5 servings of fruits and vegetables each day.

1. Keep a bag of frozen fruit in the freezer and add them to your instant oatmeal before you microwave it.
2. Slice up a banana for your cereal.
3. Add some vegetables to your favorite frozen pizza: try sliced tomatoes, green and red peppers, spinach, or onions. Add pineapple to a Canadian Bacon pizza☺
4. Drink 100% vegetable and fruit juice (consider 4 to 12 oz per day).
5. Keep an apple, banana or bag of carrots in your book bag.
6. Add some extra veggies to spaghetti sauce.
7. Make a peanut butter and banana sandwich.
8. Make salsa and guacamole and treat yourself to some chips or tacos.
9. Add extra vegetables, like lettuce, spinach, and tomatoes to a hamburger or chicken sandwich.
10. Keep canned vegetables or fruits on hand.
11. Put fresh fruit on your ice cream!
12. Add fruit to pancake batter.

**You can visit with a dietician in Health Services free of charge on Tuesdays. Call to make an appointment:  
726-8155**

### EASY recipes for a fruit or vegetable snack

**Smoothie:** blend 1 cup yogurt and 1 cup ice cubes, (or use frozen yogurt, low-fat ice cream), in a blender with milk or fruit juice, and fresh/frozen fruit.

Thicken it up with a whole banana! (tip: 1 banana = 1 serving; 8 strawberries = 1 serving)

**Salsa:** In a blender, mix up 2-3 tomatoes, a  $\frac{1}{2}$  of an onion, 1-2 cloves of garlic, and a little cilantro if you have it; add a squirt of lemon juice and a pinch of salt and pepper. For the adventurous, add a diced red chili!! (tip: 1 large tomato = 1 serving)

**Trail mix:** mix up some nuts, granola, chocolate chips and dried fruit for a snack you can carry with you throughout the day.

**Homemade baked french fries:** cut up a potato into wedges, drizzle with olive oil, and bake on a cookie sheet at 400° for approximately 20 minutes. Consider using a sweet potato, and cooking for about 30 min. (tip: 1 med. potato or 1 lg. sweet potato = 1 serving)

### **Tell us some of your "ways to 5-a-day" and win a Prize!**

*Email us your practical suggestions for getting fruits and vegetables into your daily diet. Recipes welcome!! A drawing will be held for participating students, and prizes will be awarded! Send an email to: [ddecker@d.umn.edu](mailto:ddecker@d.umn.edu)*

**Coming soon!!! The "Seeds of Change" Workshop sponsored by Health Services:** For more information on the nutritional properties of vegetables, and for local resources for fresh vegetables and gardening opportunities, sign up for the workshop on April 22nd!! Leave with a tomato plant! Register on the Health Services website, or email [ddecker@d.umn.edu](mailto:ddecker@d.umn.edu). Space is limited.