



***Super Foods
of Summer
in Vermont***

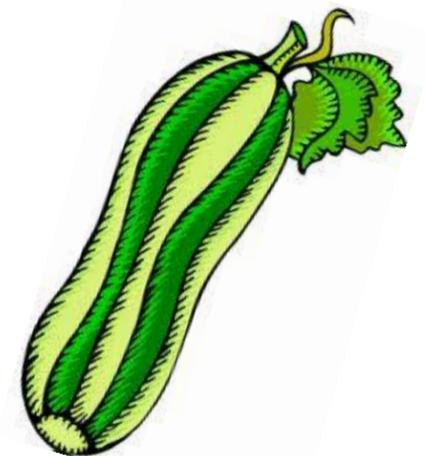


Exhibit created by

Susan Bishop

Dana Medical Library

The Nutritional Value

of

Fruits and Vegetables

“EAT YOUR FRUITS & VEGETABLES”

Research shows why it is good advice

Healthy diets rich in fruits & vegetables can help to:

- **Avoid heart disease, stroke, and diabetes**



- **Control blood pressure**



- **Guard against cataracts and macular degeneration**

- **Reduce the risk of cancer**



Harvard-based Nurses' Health Study and Health Professionals Follow-up Study

- Results showed that the *higher* the *average daily intake of fruits and vegetables*, the *lower* the *chances of developing cardiovascular disease*
- Those who averaged 8 or more servings a day were **30 percent less likely** to have had a *heart attack* or *stroke* compared with those in the lowest category of intake (less than 1.5 servings a day)
- Combined findings from Harvard studies with several other *long-term studies* in the U.S. and Europe *found a similar protective effect*

Important Contributors to Cardiovascular Health

- ***Green leafy vegetables*** such as lettuce, spinach, swiss chard, mustard greens



- ***Citrus fruits*** such as oranges, lemons, limes, grapefruit (*and their juices*)

- ***Cruciferous vegetables*** such as broccoli, cauliflower, cabbage, brussel sprouts, bok choy, kale



Dietary Approaches to Stop Hypertension (DASH) Study

- Trial examined ***effect on blood pressure*** of a **diet rich in fruits, vegetables**, and low-fat dairy products and restricted amount of saturated and total fat
- Research found that **people with high blood pressure** who followed this diet ***reduced their systolic blood pressure*** by about 11 mm Hg and ***diastolic blood pressure*** by almost 6 mm Hg



As much as medications can achieve

N Engl J Med 336(16): 1117-24, 1997 Apr 17

The Produce of a Vermont Summer are Fresh, Nutritious, & Tasty

When local produce is available

Vegetables

root vegetables:
parsnip, turnip, rutabaga

herbs

greens for cooking

salad greens, lettuce

asparagus

Jerusalem artichoke

rhubarb

spinach

kohlrabi

peas

beets

broccoli

carrots

green beans

cucumbers

zucchini and other
summer squash

tomatoes

cabbage

corn

eggplant

peppers

potatoes

cauliflower

leeks

winter squash

Brussels sprouts

pumpkins

Fruit

strawberries

blueberries

melons

blackberries and
raspberries

apples

	May	June	July	August	September	October
root vegetables: parsnip, turnip, rutabaga	parsnip				turnip	rutabaga
herbs	herbs					
greens for cooking		greens for cooking				
salad greens, lettuce		salad greens, lettuce			salad greens, lettuce	
asparagus		asparagus				
Jerusalem artichoke		Jerusalem artichoke				
rhubarb		rhubarb				
spinach			spinach			spinach
kohlrabi			kohlrabi			
peas			peas			
beets			beets		beets	
broccoli			broccoli		broccoli	
carrots			carrots			
green beans			green beans			
cucumbers			cucumbers			
zucchini and other summer squash			zucchini and other summer squash			
tomatoes				tomatoes		
cabbage				cabbage		
corn				corn		
eggplant				eggplant		
peppers				peppers		
potatoes				potatoes		
cauliflower					cauliflower	
leeks					leeks	
winter squash					winter squash	
Brussels sprouts						Brussels sprouts
pumpkins						pumpkins
strawberries		strawberries				
blueberries			blueberries			
melons				melons		
blackberries and raspberries					blackberries and raspberries	
apples					apples	

The *Reds, Blues, Purples* of Summer

BEETS

- Red pigment (betalaine) – *a type of flavonoid*, which is a class of plant products that have ***beneficial effects on the immune system, connective tissue, and cellular metabolism***
- Good source of folate – *a water-soluble B vitamin*
- Beet greens are an excellent source of ***fiber, beta-carotene (Vitamin A), calcium, and iron***



Beets are a cool weather vegetable and are not harmed by frost.

In ancient civilizations only the green part of the plant was eaten.

BERRIES

Blackberry, Raspberry, Blueberry, Strawberry



- **Blueberries** – contain *significant amounts* of anthocyanoside: the *antioxidant compounds* that produce *blues*, *reds*, and *purples* in fruits and vegetables.
- **Strawberries** – ripen fairly early in Vermont’s growing season. They are great as a *low calorie dessert* and in salads made with spinach or leafy greens.



Berries were an important part of the food supply for Native Americans.

Raspberries were used in their medicines, dyes, & food preservatives.

CABBAGE



- Member of large family of *cruciferous vegetables* that include broccoli, cauliflower, kale

Population studies show that consumption of cruciferous vegetables lowers cancer risk

The Encyclopedia of Nutrition and Good Health, 2005

- Good source of ***Vitamin C, folic acid, beta carotene, fiber***

In the United States cabbage is also known for the many legends in which it is featured . . .

“The man in the moon was sent up there because he stole a cabbage from his neighbor on December 24”

“Babies are found in the cabbage patch”





TOMATO

Contains substantial amounts of *lycopene*, an *antioxidant* that may help protect against cancer

- Very good source of *fiber*
- Good source of *Vitamins A & E*
- Rich in *Potassium*



First found thousands of years ago in Peru and Ecuador



Tomatoes are the 2nd most popular vegetable in the United States



*The Healthy **Greens** of Summer*

KALE – *One of Nature’s Healthiest Vegetables*



- Excellent source of **antioxidant vitamins A, C, K**

Eating a diet rich in the powerful antioxidant Vitamin K can reduce the overall risk of developing or dying from cancer

– According to a study in the American Journal of Nutrition, 2010

- **High fiber content** helps to **lower cholesterol** levels and **reduces the risk of heart disease**



- Rich in 2 **eye-health** promoting compounds

*The cultivation of Kale in the U.K. was encouraged during World War II. This vegetable was **easy to grow** and provided important nutrients to supplement those missing from a normal diet because of rationing.*

LETTUCE – *Salad Greens*



Incorporating mixed-green salads into your diet helps you to meet the USDA's dietary recommendations of 2–3 cups of vegetables a day

- Most lettuce varieties contain 94% water, making it a low density food, which ***aids in weight loss***
- Good source of ***Vitamin A, C, K*** and ***potassium, calcium, iron***
- Adding lettuce to your diet is a great way to ***increase your fiber intake***

*First cultivated by **Ancient Egyptians** who turned it from a weed, whose seeds were used for oil, into a plant grown for its leaves.*



*The **Northeast** offers the **ideal growing conditions** for this cool-weather crop.*



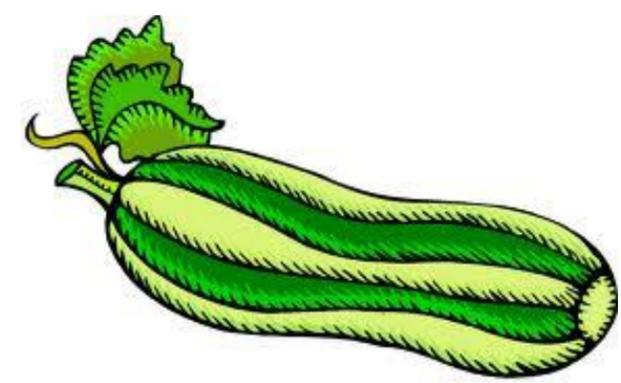
BROCCOLI



- Contains significant amounts of ***Vitamin A and C***
- Good source of minerals such as ***calcium*** and ***potassium***
- Especially good source of ***dietary fiber*** – *one cup contains approximately 5.1 grams*
- Good source of lutein - the antioxidant that ***contributes to eye health***

*In Greece & Italy, **broccoli** has been a favorite vegetable for 2000 years. Brought to the United States in the early 1900s by Italian immigrants, **broccoli** has risen to become one of America's favorite vegetables.*



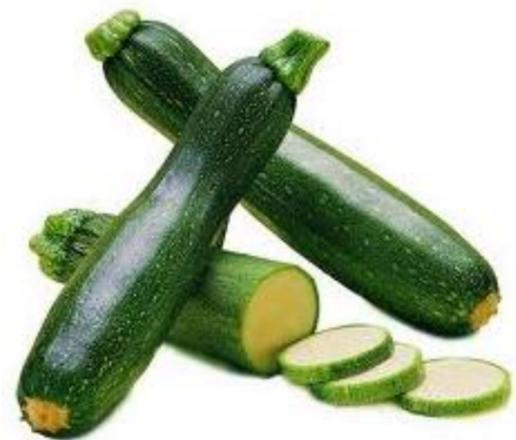


ZUCCHINI – *Summer Squash*

High water content (over 95%), low in calories, high nutritional value

- One raw zucchini, including its skin, provides the ***daily recommended value*** of ***Vitamin C (56%) & Vitamin K (11%)***
- ***Good source of minerals*** – manganese and phosphorus – nutrients essential for ***building & maintaining healthy bones***
- Good source of ***dietary fiber***

*Popular vegetable with **Native Americans** who ate it for some **5,000 years**.*



*Summer Squash has **edible skins and soft seeds**, making it very different from Winter Squash.*

The **Flavors** of Summer



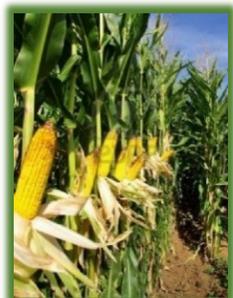
SWEET CORN – America’s #1 field crop

Sweet corn is picked when immature and prepared and eaten as a vegetable, rather than a grain

- Good source of **fiber, Vitamin C** and **B-complex** vitamins
- Contains ample amounts of **protein**
- Significant source of important **antioxidants**



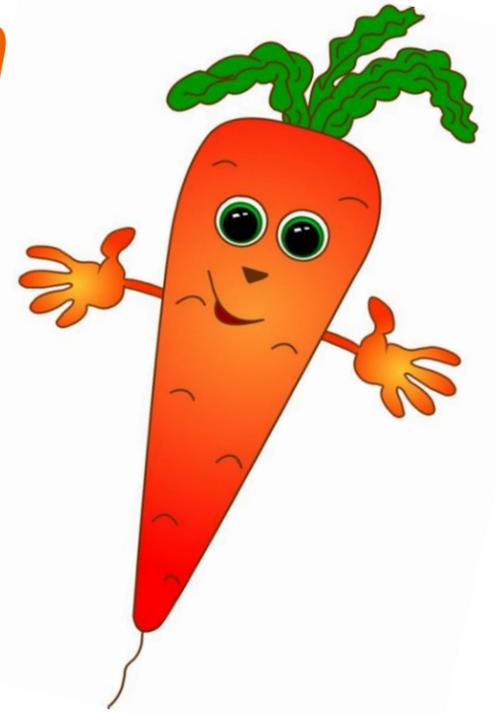
Cornell University researchers reported that cooking sweet corn significantly boosts the grain’s health-giving antioxidant activity.



Native American tribe (Iroquois) gave the first recorded sweet corn (called Papoon) to European settlers in 1779.

CARROT – *A favorite vegetable in households across the country – **Loved by Children***

- Contains ample amounts of **antioxidants**
- Very good source of **dietary fiber**
- Especially high in **Vitamins A, C, K, B6**
- High in lutein – which plays a role in **protecting the eye** and **maintaining vision**



Satisfying snack when eaten raw and a tasty addition to a variety of mixed dishes.

The first carrots, which were white, purple, and yellow, were cultivated in Afghanistan.



Garlic & Onion



*Members of the Allium genus family of vegetables, **Garlic & Onion** can be eaten raw, cooked, or used as a **flavor enhancer** to many dishes.*

Research has shown that consumption of Garlic and Onion can:



Lower blood cholesterol levels



Reduce blood pressure



Boost the immune system



Reduce inflammation



*According to the **Journal of Nutrition** people have used **garlic** for medicinal purposes since antiquity.*

*The **National Cancer Institute** recognizes **garlic** as one of several vegetables with **potential anticancer properties**.*



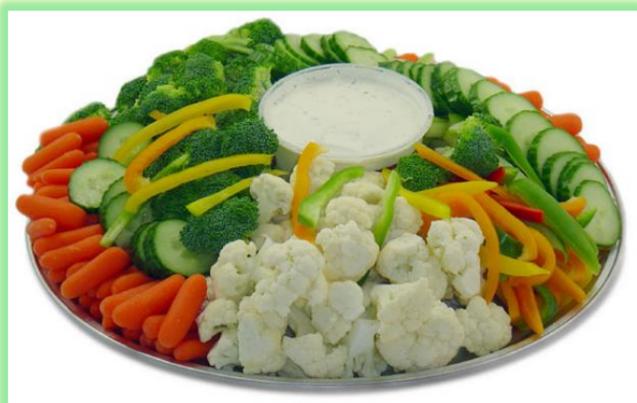
CAULIFLOWER – *Actually a flower*

The part of the plant that is eaten is the head of undeveloped, tender flower stems and buds

- *Excellent source of **Vitamin C***
- *Contains **many vital B-complex** vitamins*
- *Very good source of **Dietary Fiber and Protein***



The blue/green leaves surrounding the head protect it from the light so it doesn't turn green.



*Raw florets are **tasty in salads**, as a **crunchy appetizer with dips**, or **pickled**.*



For more information about the Nutritional Value of Fruits & Vegetables check out the **Natural Standard database**
<http://www.naturalstandard.com/>



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