



## Nutrition Nibbles

### Color Your Palate and Your Plate

One of the core principles of healthy meal planning is to include a range of your color on your plate. “Why?” you might ask. Most of us would agree that color makes everything, including our food, a little more interesting. What many people do not realize is that the more colorful the food, the more good-for-you nutrients you are consuming. The easiest way to incorporate more color on your plate and palate is to maximize your use of fruits and vegetables. Let’s take a closer look at the produce rainbow...

- ◆ **Blue/Purple:** Choices include blackberries, blueberries, plums, purple grapes, raisins, purple asparagus, purple cabbage, eggplant, and purple potatoes. These foods are rich in nutrients that are important in cancer prevention, promoting urinary tract health, memory function, and healthy aging.
- ◆ **Green:** Common greens include the obvious lettuces, celery, cucumbers, green beans, broccoli, and peas. Do not forget the other greens you frequently eat like avocados, green apples, green grapes, pears, kiwi, limes, artichokes, asparagus, green bell pepper, green onions, spinach, and zucchini. Step up your green intake by including kale, leeks, collard greens, mustard greens, bok choy, Brussels sprouts, and honeydew melon on your plate. All these green-hued foods are important in promoting eye health, building strong bones and teeth, boosting immunity, and fighting against breast, prostate, and lung cancers among others.

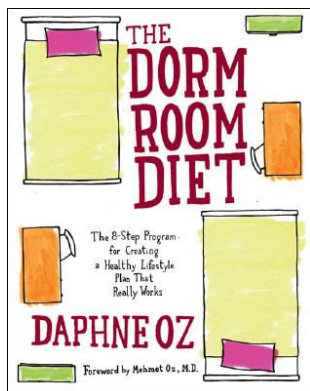
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### Favorite Food

Everyone always asks me “So, what does a dietitian eat?” I recently found a multi-grain pasta made with flaxseed at Trader Joe’s and I love it! While it is made with whole wheat flour, whole grain spelt, barley flour, and oat flour, it does not taste as “grainy” as your usual whole wheat pasta. As a bonus, it comes packed with 6 grams of fiber, 8 grams of protein and 200mg of healthy omega-3 fatty acids per serving. It is particularly tasty when topped with a veggie-rich, marinara sauce and paired with a side salad. Enjoy!

### College Corner: The Dorm Room Diet Reviewed



With the start of a new school year, you may be tempted to pick up a copy of The Dorm Room Diet by Daphne Oz (daughter of Oprah’s favorite Dr. Mehmet Oz) along with your required textbooks. Who doesn’t want to start a new semester on the right nutritional foot so to speak? Unfortunately, the 8-step program this book entails does not represent the best or most credible information. Read on for my full review...

**The Good:** Daphne Oz approaches the college-population from a peer standpoint. After all, she is a student herself at Princeton University with a history of being overweight during her childhood and teen years. She shares her tips and tricks with a been-there-done-that type of attitude that her audience can relate to. She tackles some important college nutrition issues including emotional and non-hunger eating (who hasn’t snacked to stay awake while studying or to pass the time?), ways to deal with on-campus dining, and potential troublesome situations such as tailgating at the big game and weekend party fests. She even includes a very thorough chapter on the importance of exercise and easy ways to tackle it.

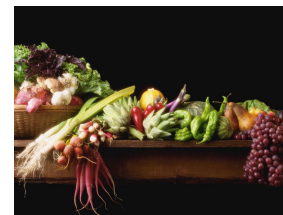
**The Bad:** Daphne Oz is very pro-supplement, despite the fact that supplements (including vitamins, minerals, herbal remedies, etc) are poorly regulated and research has not proven them necessary for the majority of the population. I think she unfairly leads many students to believe that they cannot have a healthy diet or lifestyle without the use

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## Color Your Palate and Your Plate continued...

- ◆ **White/Tan/Brown:** You probably do not think much of the nutrients contained in these more drab foods but do not let the color or lack thereof fool you. These foods promote heart health, play a role in cholesterol levels, and prevent some cancers. Top your plate with some bananas, dates, brown figs, white nectarines, white peaches, cauliflower, garlic, ginger, jicama, mushrooms, onions, soybeans, turnips, and white-fleshed potatoes.
- ◆ **Yellow/Orange:** These colors are the natural ones of the fall season and options include golden apples, oranges, lemons, acorn squash, butternut squash, carrots, pumpkins, sweet potatoes, yellow and orange bell peppers, and yellow potatoes. Eat apricots, cantaloupe, yellow nectarines, yellow peaches, corn-on-the-cob, and yellow summer squash while you can! All these foods support heart and eye health, boost immunity, and you guessed it, lower your risk for some types of cancer.
- ◆ **Red:** It is only fitting that red-colored produce would help the body protect against heart disease while boosting memory and immunity, promoting urinary tract health and fighting cancer. Tasty red selections include raspberries, strawberries, blood oranges, cherries, cranberries, pomegranates, pink/red grapefruit, red apples, red grapes, watermelon, radishes, beets, red bell peppers, red onion, red potatoes, tomatoes, and rhubarb.

How can you fit more color on your plate while expanding your palate at the same time? Try topping your morning cereal with red and blue-colored berries. Ask for extra red tomatoes, white onions, and greens on your sandwich. Serve a green salad with dinner plus some orange squash or yellow corn on the side. Substitute a large portabella mushroom for your usual burger and top with sautéed purple onions and red, green, and yellow bell peppers. Enjoy oranges, green kiwi, red watermelon, or pink grapefruit for dessert. Use your imagination when planning your meals and let a colorful rainbow of produce inspire your choices!



Information adapted from the *Guide to Produce by Color*, found in the *Essentials of Healthful Cooking* by Williams-Sonoma, © 2003.



## September is National Fruits & Veggies—More Matters Month!

In honor of this month and your health, try these fruit and veggie tips on for size:

- ✓ Keep cut-up veggies on hand for a quick snack.
- ✓ For an extra serving of veggies, drink low sodium tomato juice with your meal.
- ✓ Throw some apple or orange wedges in your green salad.
- ✓ Mash bananas and add to your morning oatmeal or waffle mix.

Surf the web for produce tips @  
[fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org)

## The Dorm Room Diet Reviewed continued...

of multiple supplements. On a sour note, the book and its information is short on references and includes no mention of consulting with any nutrition experts, or registered dietitians. While most people would agree that no one book can offer all of the information needed to succeed with healthy diet changes or weight loss, this book does not point out the resources that are available at most college students' fingertips like a campus dietitian, on-campus health and wellness centers, school psychological services, or support groups. Furthermore, she seems to downplay the importance of seeking healthcare professionals when dealing with disordered eating or seeking to improve one's health status.

**The Inconsistent and the Wacky:** This book was full of inconsistent and even off-base nutrition messages. One minute, the author is promoting complex carbohydrates, the next minute she is suggesting you severely limit your intake of them. At one point, she identifies dried fruit as too calorie and sugar-concentrated, but later goes on to encourage the consumption of it. Daphne Oz even goes so far as to promote sugarless gum chewing as a way to boost metabolism and advocates the use of lemon juice, citrus, and grapefruit as natural appetite suppressants. She labels foods as "friends" and "foes" while registered dietitians remind the public that *all foods* fit in moderation.

If you are interested in losing weight, changing your diet, or improving your health, leave this book on the shelf and consult a registered dietitian and medical doctor for a personalized plan, tailored to fit your needs and your unique situation. If you would like a nice reference book for your dorm room, check out [The College Student's Guide to Eating Well On Campus](#), 2nd edition, © 2005, by Ann Selkowitz Litt, MS, RD, LD (a registered dietitian). This book can be found at most college bookstores or your favorite off-campus bookstore. Welcome back to school!

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