



May 2011: Focus on Fruits

Ask your Nutrition Educator to introduce you to one of our services below:



Monthly Mentions

Nutrition Tip: Did you know that antioxidants in blueberries might have positive effects on learning and memory by improving existing brain cell connections?

(www.fruitsandveggiesmorematters.org)

Antioxidants might reduce free-radical damage (compounds in the body that negatively affect parts of our bodies) to the area in the brain that sends messages to the body!

Fruit & Vegetable: For cherry and snap pea recipes, visit our website: <http://www.drexel.edu/nutritioneducation>

Now In Season: Asparagus, carrots, green beans, potatoes, plums, cantalope, watermelon, strawberries

May Health Observations: Healthy Vision Month, Mediterranean Diet Month, Food Allergy Awareness Week (8-14)

Nutrition Education in Action



Students at Dunbar Promise Academy display their art projects from their "Draw What You Eat" event during National Nutrition Month® in March 2011.

Tasty Topics

May is Arthritis Awareness Month - yet, how can fruit impact arthritis? Rheumatoid arthritis is a condition that occurs when the body begins attacking its own tissues on the ends of bone, causing extreme inflammation and pain. However, cherries have been shown to pack a powerful fruit punch in reducing pain associated with inflammation of arthritis, according to a publication of Agricultural Research (2004) which cites a study from the Journal of Nutrition (Jacobs et al 2003). Cherries have been researched in terms of sports nutrition as well. Cherries contain simple sugars which provide rapid muscle glycogen replenishment post-workout to reduce soreness. A study published in the British Journal of Sports Medicine also found some reduction in the symptoms of exercise induced muscle damage in participants who consumed cherry juice (Connolly et al 2006).

Nutrition Nibble

We often worry about the sun and the toll it takes on our skin, but did you know that by eating a variety of fruits and veggies you can achieve a healthy, natural glow? New research by Stephen et al published in Evolution of Human Behavior (2010) suggests that eating a diet specifically including carotenoids, an antioxidant in fruits and veggies, minimizes free radical-damage that affects our skin. Carotenoids containing beta-carotene (found in red/orange colored fruits and veggies) are linked to a glowing dewy skin complexion and a yellow tinge. To further improve the health of your skin, ensure adequate hydration and the incorporation of the other skin savvy nutrients like vitamin C (oranges, strawberries, broccoli, peppers).

Keep in mind that when it comes to fruits and veggies, a diet should include a variety of fresh, frozen, or canned types. Fresh may taste best, yet canned or frozen may sometimes be more economical. Canning or freezing processes may cause some loss of nutrients; however the losses are small and are not substantially different from losses that may occur at home with fresh produce.

Questions or Comments?
Email: nutritioncenter@drexel.edu
EAT.RIGHT.NOW.
Nutrition Education Program
Drexel University

Power Panther's Picnic



1. Someone has hidden Power Panther's snacks. Help him find them.

How many did you find? Circle the right number.
4 7 10

2. Draw your favorite snack in the picnic basket.



El Picnic de Power Panther



1. Alguien ha escondido los bocados de Power Panther. Ayúdalo a encontrarlos.

¿Cuántos encontraste? Circula el número correcto.

4 7 10

2. Dibuja tu bocado favorito en la cesta de picnic



Food and Nutrition Service

USDA es un proveedor y empleador que ofrece oportunidad igual para todos.

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