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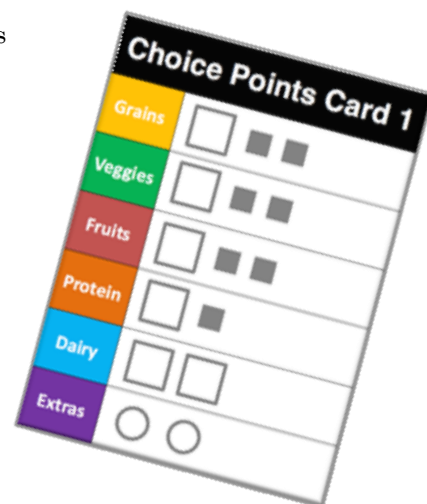
Eat the Rainbow this Summer!

Summer heat may have arrived, but summer sun also brings a range of colorful summer fruits and veggies to keep us cool and glowing from the inside out!

We have taken this theme of eating the rainbow to our pantry shelves— color coding the shelves to coordinate with the food groups on our new pantry choice point cards (pictured here to the right).

We hope the added colors help you find what you need, and encourage you to choose a balanced and colorful plate at home!

This month's *Food for Thought* contains tips and recipes to bring more fruits into your summer diet.



Feel Good with Fruits from the Inside-Out!

Besides making an attractive plate at meal time, eating a rainbow of fruits and veggies has serious nutritional benefits:

- Research suggests that increasing your increasing your “dietary diversity” is related to reduced risk of type II diabetes and certain types of cancers.
- Fruits high in antioxidants like berries, have been found to bolster your skin’s protection from the sun and reduce the redness from sunburn (but still wear sunblock!)
- Berries have also been found to be related to reduced levels of cholesterol and reduced risk for heart disease.
- Eating fruits and vegetables have also been related to improved mood—and research also shows that happier people tend to choose fruits over candy!
- Fruits and veggies have relatively fewer calories compared to processed foods, but take up a lot more space in your stomach— meaning after eating a lot of them you’ll feel full but still maintain your healthy weight.
- You can never have too many! Even individuals in a study asked to eat more than 15 servings of fruit (with no added sugar) per day for 3-6 months reported no adverse health effects on their insulin, blood pressure, body weight, or fats in their blood!



What's Cooking in Gale's Kitchen?

Fresh, Healthy, Simple and Delicious ways to enjoy fruit from Gale Cohen, RD, CDE

It's hard sometimes to ignore your sweet tooth on a warm summer day. With these recipes, you can give right into those cravings and enjoy some sweets made almost entirely out of fruit!

Banana Fro-(no) Yo

Make your own dairy-free frozen yogurt with frozen bananas as a base! (Serves about 4)

Ingredients:

- 4 ripe bananas
- 1 cup frozen strawberries (whole or sliced)
- Chopped walnuts or sliced almonds for topping (optional)

Directions:

- Peel the bananas, cut them in 2- to 3-inch chunks and place them in a freezer bag in the freezer for at least 6 hours.
- Remove bananas and strawberries from freezer and blend in a blender or food processor until smooth.
- Serve immediately, or freeze in an airtight container for at

least 2 hours.

- Scoop and serve.



Single Serve Fro-(no) Yo

In need of a cool sweet treat just for you? Whip up a frozen banana with a few easy additions for a creamy delight!

Ingredients:

- 1 ripe banana
- 1-3 TBSP of milk or milk substitute (almond, soy, etc.)
- 1/2 tsp vanilla extract

Directions:

- Peel the banana, cut it in 2- to 3-inch chunks and place them in a freezer bag in the freezer for at least 6 hours.
- Remove and blend in a blend-

er or food processor with vanilla until smooth adding milk or milk substitute, 1 TBSP at a time until you reach the right consistency.

- Add toppings and enjoy!

Make it *CHOCO fro-(no) yo!*

- Add 1 TBSP cocoa powder in the blender with the bananas, and liquid

Watermelon Sorbet

Enjoy a refreshing and homemade sorbet without an ice cream maker—and only two ingredients!

Ingredients:

- Half or whole watermelon
- Fresh squeezed lemon (optional)

Directions:

- Cut watermelon into chunks, remove rind and place them in a freezer bag for at least 6 hours (overnight works!)
- Remove watermelon and blend with lemon juice if us-

ing. If not using lemon juice, you may need to add a little water to break up chunks. Add it small amounts.

- Scoop and enjoy!