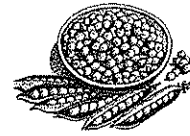


Starchy Vegetables

Potatoes are a good source of starch and also contain vitamin C and protein. Red-skin potatoes are very moist and suitable for boiling or for using in potato salad or stew. Russets have a dry texture which makes them better for baking, mashing, or for making a thick potato soup.

Potatoes are a nutritional "bargain." A medium potato (5 ounces) has 100 calories, 22 grams of starch, 3 grams of protein, and no fat.

Corn is high in fiber and protein. Yellow corn is also high in vitamin A. Be sure to enjoy fresh corn when it is in season. An ear of corn can be cooked in its husk in a microwave oven for 5 minutes. Corn-on-the-cob may also be steamed or boiled. When boiling corn, do not salt the water. It can make the kernels tough.



Green peas contain three times more protein than most other vegetables. They are also high in fiber and vitamin A.

Dried peas and beans are high in protein, fiber, iron, and B-complex vitamins.

Winter squash come in many sizes, shapes, and colors. They all have a hard tough rind, which helps them keep well for many months after harvest. The most popular varieties are acorn, butternut, buttercup, and hubbard. All are high in vitamin A, fiber, and minerals.

Sweet potatoes are a good source of vitamin A and a number of minerals. They can be baked, boiled, or sliced and eaten raw.

1. Red-skin potatoes are very _____, while Russets have a _____ texture.
2. Corn is high in _____ and protein.
3. Green peas contain _____ times more _____ than most other vegetables.
4. Dried peas and beans are high in protein, fiber, _____, and _____ vitamins.
5. Winter squash have a hard tough rind, which helps them _____ well for many months after harvest.
6. Sweet potatoes are a good source of vitamin _____ and a number of minerals.

Low-Starch Vegetables

The varieties of low-starch vegetables seem almost endless! Here are 19 favorites.

Asparagus: This vegetable was a favorite with Romans – among them Julius Caesar. Asparagus is a good source of vitamins A and C and is also high in minerals.

Beets: Both tops and roots are edible. The early Romans ate only the tops and used the roots for medicine. Both tops and roots are an excellent source of vitamin A, minerals, and iron.

Broccoli, whose name means "branching" is a member of the cabbage family. It is one of the highest in nutrients of all vegetables. When raw or cooked only slightly (about one minute), it retains its crispness and vitamins. Broccoli is high in fiber, vitamin A, vitamin C, calcium, and iron.

Brussels Sprouts: Tradition tells us that this plant was first grown in Brussels in the 1200s, making it one of the few vegetables to have been developed in northern Europe. Brussels sprouts belong to the cabbage family and look like tiny heads of cabbage, but their flavor is milder and texture is denser. To preserve the flavor and crispness of Brussels sprouts, steam or boil them for about five minutes, then season and serve.

Cabbage is one of the oldest cultivated vegetables. Many of our present varieties were developed by farmers of ancient Rome. Cabbage is high in fiber, vitamin A and minerals. Raw cabbage is also high in vitamin C. Cabbage juice has been shown to cure various stomach disorders including ulcers. If you find raw cabbage juice too strong in flavor, add in a carrot or apple.

Carrots are high in fiber and rich in vitamin A. One medium carrot supplies more than the RDA (Recommended Daily Allowance) for vitamin A. Don't peel young, small carrots; just scrub them. Oftentimes, larger carrots are sweeter for juicing or eating raw, and smaller carrots have a better flavor for use in cooking.

Cauliflower is another member of the cabbage family. In fact, its name means "cabbage flower." A half-cup serving of raw cauliflower supplies an entire day's requirement of vitamin C. In addition, it is high in fiber, and several important minerals.

Celery: Egyptians gathered wild celery, which grew freely in marshy seaside areas. The Romans developed cultivated varieties. Celery is often eaten raw, although it is actually an herb and adds much flavor when cooked with other foods.

Collards are a favorite food of the American South. These greens are actually a type of cabbage that does not form heads. Collards are high in vitamins A and C. They are also rich in iron and are the best vegetable source of calcium.

Cucumber: This ancient plant is a native of southwestern Asia and was popular in Bible times. The cucumber has a high water content, which makes it feel cool to the touch. From this characteristic comes the expression "cool as a cucumber." While the inside of the cucumber is 96% water, the skin contains fiber and vitamin A.

Green Beans originated in Peru. They were introduced into Europe around the 16th century and subsequently spread around the world. Green beans are low in calories and high in vitamins A, C, K, and iron.

Greens include spinach, kale, turnip greens, beet greens, Swiss chard, mustard greens, and chicory. Wild greens are also prized by many people and remind us of God's generous provision of nutritious plants found everywhere. All can be used raw or cooked, but don't overcook them. Dark leafy greens are rich in fiber, vitamin A, vitamin C, calcium, and iron.

Lettuce: There are many varieties of lettuce, the most popular being the crisp head lettuce. Darker

green leaves have a higher vitamin content than pale leaves. Also, Romaine lettuce seems to stay fresh longer than head lettuce.

Okra is most well known because of its sticky consistency, which makes it a useful thickener for soups or stew. However, if they are steamed quickly, the pods will be crisp-tender and not release their sticky juices. Young okra pods have a tart, distinctive taste and can be eaten raw or cooked as a vegetable. Some salad bars feature pickled okra, which makes a tasty low-calorie appetizer.

Onions: In the ancient world, onions were considered a food for the poor. Later in Europe, onions began to be prized for their flavor that enhanced so many other foods. Medieval French peasants often used onions to pay their rent to their feudal lords.

Peppers, both sweet and hot, were first grown in Central and South America thousands of years ago. Columbus discovered them on his first voyage to the New World, and by 1493 traders brought them to southeast Asia and Europe. It may surprise you to learn that raw green peppers (which turn bright red when mature) have nearly twice the amount of vitamin C as do citrus fruits!

Radishes: These crunchy root vegetables come in a variety of shapes and colors. They are high in vitamin C and many minerals. If you thin out newly-planted radishes in your garden, save the sprouts and eat them in salad or a sandwich.

Rutabaga has a delicate, mild flavor and may be eaten either raw or cooked. It is high in fiber and vitamin A. In Scotland, rutabagas are known as yellow turnips. They are boiled, mashed, and then served with a spicy sausage-like meat called *haggis*. Traditionally, mashed potatoes are also a part of the meal, so the menu is described as "Haggis with neeps and tatties."

Tomatoes, when raw, are a good source of vitamin C. The best tasting tomatoes are usually home-grown, or those produced locally and picked when ripe. Cooked tomatoes are a valuable source of lycopene, a substance thought to fight both cancer and heart disease.

- _____ was a favorite vegetable of Julius Caesar.
- Both the tops and roots of beets are an excellent source of vitamin A, minerals, and _____.
- Broccoli is one of the _____ in nutrients of all vegetables.
- _____ is one of the oldest cultivated vegetables.
- Cabbage _____ has been shown to cure various _____ disorders.
- One medium carrot supplies more than the RDA for vitamin _____.
- A half-cup serving of _____ cauliflower supplies an entire day's requirement of vitamin _____.
- Collards are the best vegetable source of _____.
- While the inside of the cucumber is _____ % water, the _____ contains fiber and vitamin A.
- Dark leafy greens are rich in fiber, vitamin _____, vitamin C, calcium, and _____.
- Okra is most well known because of its _____ consistency, which makes it a useful _____ for soups or stew.
- Medieval French peasants used onions to pay their _____.
- Raw green peppers have nearly _____ the amount of vitamin _____ as do citrus fruits.
- In Scotland, _____ are known as yellow _____.
- Raw tomatoes are a good source of vitamin C, while cooked tomatoes are a valuable source of _____, a substance thought to fight both cancer and heart disease.



Fruits – Nutritious Pleasure Foods

Fruits are some of the most nutritious “pleasure foods” you can eat! They are high in vitamins, minerals, and fiber. For the most part they are also fat-free.

Furthermore, fruits come to us in a most fascinating presentation! Next time you get ready to bite into an apple, or peel an orange or a banana, stop and just look at it. Turn it around, feel the skin, and think about the “package engineering” that went into its production.

The skin on a piece of fruit seals in its juices, vitamins, and minerals in a marvelous way. It could sit on your table for many days, waiting to be eaten – specially preserved by the One who

created it. However, its attractive color and shape will convince someone to eat it before long! If you keep fruit available at all times, displayed attractively, your first tendency will be to eat the fruit rather than look for a less nutritious “sweet treat.”

One caution to keep in mind is that most fruit juices are quite sweet since they contain the fruit sugar called *fructose*. Whenever you eat or drink something that is very sweet, the sugar is quickly absorbed into your blood stream and can cause a hypoglycemic reaction. A hypoglycemic reaction takes place when a person's body reacts to sweets by pouring a large amount of insulin into the blood

stream. Too much insulin makes the person feel extremely tired or faint and soon they also feel very hungry again.

The advantage of whole fruits is that they contain starch and fiber, which cause all the nutrients of the fruit to be absorbed more slowly. For this reason, it is best to eat the whole fruit rather than just the juice.

If you really must have the juice, try mixing it

half and half with water. It will still be plenty sweet and it is less likely to cause a hypoglycemic reaction. Better yet, use a blender to make a thick, high-fiber, whole-fruit drink.

For optimum digestion, eat fresh fruit separately from other foods. Ideally you should eat fruit an hour before you eat another type of food or three hours after eating foods that are high in protein, fat, or starch.

- Fruits are some of the most _____ “pleasure foods” you can eat.
- Fruit juices contain the fruit sugar called _____.
- Whole fruits contain starch and _____, which cause all the nutrients of the fruit to be _____ more _____.
- It is best to eat the _____ fruit rather than just the juice.
- For optimum digestion, eat fresh fruit _____ from other foods.



Nineteen Favorite Fruits

Apples: In the Middle Ages, the English had a proverb, “*Ate an apfel avore gwain to bed makes the doctor beg his bread.*” This old English saying recognized the health benefits of apples as early as medieval times. You have probably heard the more recent version, “An apple a day keeps the doctor away.” The truth is, apples are an amazing source of nutrients including antioxidants, both soluble and insoluble fiber, vitamin A, vitamin C, and many minerals.

To get the most nutrition from an apple, eat it fresh (including the skin) or chop it up and put it in a blender as part of a whole fruit drink. The flavor of apple mixes well with most other fruits and vegetables.

There are over 7,000 varieties of apples produced around the world. The leading apple producing countries are China, United States, Russia, France, Turkey, Poland, Italy, and Germany.

Apricots: Apricots were first cultivated in China thousands of years ago. From there they spread to Persia where they were once called “eggs of the sun.” Apricots are high in vitamin A, potassium, iron, and calcium.

Bananas are the top-selling fruit in the United States. They are easily digestible by everyone from infants to the elderly. They are high in potassium and also have a good amount of fiber.

Bananas should be allowed to ripen at room temperature, and then they can be stored in your refrigerator. The skins will turn dark, but the fruit itself will still have a good flavor and texture. When bananas become too ripe to eat fresh, they are at their best as an ingredient for baked goods.

Blackberries and **raspberries** are high in fiber, vitamins, minerals, and flavor!

Blueberries are a native American fruit, often eaten fresh or used in pancakes, muffins, pies, and yogurt. They are high in fiber, vitamins, and minerals. Among all commonly eaten fruits, blueberries are the highest in antioxidants.

Grapefruit: This citrus fruit was first grown in the 1700s, a cross between the pummelo and orange. Because it grew on the tree in clusters, it was called “grapefruit.”

The juice itself is high in vitamin C, but the membrane, pulp, and seeds also have additional vitamins and antioxidants. To get the greatest

nutrition from a grapefruit, peel off just the outside rind and put the rest into an electric blender to make a whole-fruit drink. For the best digestion, eat or drink citrus fruits separately from other foods.

Grapes are among the oldest foods of man. Grapes are very sweet, but they are also high in fiber, vitamins, and minerals. Grape juice is known to have a cleansing effect on the body, and grape skins and seeds also have valuable nutrients. When making a whole fruit drink in your blender, grapes are a powerful addition!

Kiwi Fruit: This fuzzy-skinned fruit originated in New Zealand where it was named after a native bird. Kiwis are often quite firm when purchased. To enjoy a kiwi's really sweet flavor, allow it to ripen at room temperature until it is soft before eating it. Then cut it in half and eat it with a spoon. It may also be peeled and sliced. A three-ounce kiwi fruit contains twice the RDA for vitamin C.

Mango: Thought to be native to India, mangoes have been cultivated for thousands of years. They are grown in most tropical countries, and more mangoes are eaten fresh all over the world than any other fruit.

Mangoes have a delicious, sweet tropical taste. They are a rich source of Vitamin A, fiber, and an enzyme with stomach-soothing properties. Mangoes should be peeled, as some people are allergic to the skins.

Melons: Watermelons, cantaloupes, and other melons are high in vitamins A and C as well as potassium. Recent studies in human digestion have resulted in this axiom for melons: "Eat it alone or leave it alone." If you have difficulty in digesting melons (or cucumbers), try eating them at a time when you are not eating anything else.

Oranges: Oranges are a citrus fruit high in vitamin C and also in vitamin A and minerals. Nutrients are found not only in the juice, but also in the white part of the skin.

Papayas are believed to have come from southern Mexico and Central America. It is grown in all the tropical regions of the world. The papaya is an excellent source of fiber and vitamins, and also contains *papain*, an enzyme that aids in digestion.

Peaches originated in China. They are rich in vitamin A and are one of the most delicately flavored of all fruits.

Pears are usually picked and shipped when they are green. For the best flavor and texture, eat them when they are still firm. Pears are high in vitamins and minerals and they are an especially good source of fiber.

Pineapples originated in South America and were introduced throughout tropical areas by the Spanish and Portuguese. Today China and Hawaii are the leading producers. Pineapples do not ripen or get any sweeter after they are picked, so they are harvested only when fully ripe and then flown to markets around the world. That is why they are often rather expensive.

Plums are grown on every continent except Antarctica, and there are hundreds of varieties that come in different shapes, sizes, and colors. Some are dried and made into **prunes**. Plums are high in fiber, iron, and many vitamins and minerals.

Pummelo: This is the largest of all citrus fruits. Once its thick skin is removed, it is easy to break into sections for snacking. Its flesh is milder and sweeter than grapefruit. Like other citrus fruits, pummeloes are an excellent source of vitamin C.

Raisins are dried grapes. The raisin industry began in California in the 1870s after a heat wave dried the grape crop on the vine.

One cup of raisins is made from eight cups of fresh grapes. Raisins have all the nutrients contained in grapes, plus they are a good source of iron. Their high calorie content makes them an ideal snack for anyone involved in vigorous physical activity.

Strawberries: In Greek and Roman times, the strawberry was a wild plant. The Romans prized wild strawberries for their medicinal properties.

One strawberry lover of the early 17th century wrote, "Doubtless God could have made a better berry, but doubtless God never did!" Strawberries are not only delicious and low in calories, but they are also high in fiber, antioxidants, vitamin C, and many minerals. Ounce for ounce, strawberries have more Vitamin C than citrus fruit.



1. Apples are an amazing source of nutrients including antioxidants, both _____ and _____ fiber, vitamin A, vitamin C, and many minerals.
2. Apricots were once called "_____ of the _____."
3. _____ are the top-selling fruit in the United States.
4. Bananas are high in _____ and also have a good amount of fiber.
5. Blackberries and raspberries are high in _____, vitamins, minerals, and flavor!
6. Blueberries are a native _____ fruit.
7. Among all commonly eaten fruits, blueberries are the highest in _____.
8. Grapefruit first got its name because it grew on the tree in _____.
9. Grapes are very _____, but they are also high in fiber, vitamins, and minerals.
10. A three-ounce kiwi fruit contains twice the RDA for vitamin _____.
11. More _____ are eaten fresh all over the world than any other fruit.
12. The nutrients in oranges are found not only in the juice, but also in the _____ part of the skin.
13. The papaya is an excellent source of fiber and vitamins, and also contains *papain*, an _____ that aids in _____.
14. Peaches are rich in vitamin _____ and one of the most _____ flavored of all fruits.
15. Pears are an especially good source of _____.
16. Pineapples are harvested only when fully _____ and then _____ to markets around the world.
17. Plums are grown on every continent except _____.
18. Some plums are dried and made into _____.
19. The _____ is the largest of all citrus fruit, and its flesh is sweeter and _____ than grapefruit.
20. One cup of raisins is made from _____ cups of fresh _____.
21. Raisins have all the nutrients found in grapes, plus they are a good source of _____.
22. Strawberries are low in _____ and high in vitamin _____.

