

NFSC 465- Community Nutrition  
Community Nutrition Internship  
Spring 2009

*Fruit, Vegetables and Fiber*

1. Fruits:

- Provide the body with fiber, Vitamin A, Vitamin C, and Potassium.
- When broken down into simple carbohydrates and other components.
- *Should be monitored with Type II Diabetes.*
- **Food Sources:**
  - *Nutrient Dense Sources:* apples, apricots, bananas, cantaloupe, grapefruit, kiwi, oranges (orange juice), papaya, peaches, pears, pineapple, and strawberries.
  - Moderately Dense Sources: Canned and frozen fruit.
  - Low Sources: Avocados, and Dried Fruit.

2. Vegetables:

- Provide the body with fiber, Vitamin A, Vitamin C, Folate, Potassium, Calcium and Magnesium.
- Some vegetables contain leaner sources of protein.
  - Example: beans, legumes, and soy beans/ soy products
- **Food Sources:**
  - *Nutrient Dense Sources:* Bean sprouts, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, cucumbers, eggplant, green beans, green peas, bell peppers, leafy greens (spinach, mustard, and collard greens), legumes, lettuce, mushrooms, summer/ winter squash, soy beans, and tomatoes.
  - Moderately Dense Sources: Cavassa, corn, potatoes, sweet potatoes, and yams.
  - Poor Sources: French fries, olives, tempura vegetables.

3. Benefits of Vegetarian Diets:

- Increased consumption of fruits and vegetables.
- Increased consumption of fiber.
- Lower Calorie (Kcal) intake overall.
- Generally have leaner body composition.
- Important protein sources in vegetarian diet: eggs, dairy, beans, legumes, and soy products.
- Fruits and vegetables are high in phytochemicals.
  - Phytochemicals definition: biologically active compounds of plants believed to confer resistance to disease on the eater. (I.e. most associated with cancer.)
- Lifestyle often associated with other beneficial habits:
  - Reduced tobacco and alcohol use.
  - More physical fitness.
- Shown to offer protection against common diseases:
  1. Obesity
  2. Diabetes

- 3. Lower blood pressure: diet + lifestyles differences
- 4. Less heart disease: lower consumptions of saturated fats, high blood cholesterol
- 5. Fewer digestive disorders: b/c high fiber and vitamin intake.
- 6. Lower risk of cancer: antioxidant, fewer carcinogens in fruits and vegetables, and fiber often flushes other carcinogens out of the body.
- Deficiencies seen in Vegetarian diets: **a multivitamin is recommended**
  - B vitamins (especially B12)
  - Folate/ Folic Acid
  - Iron
  - \* Effects growth in children with lack of adequate sources of above nutrients.

#### 4. Fiber

- Helps strengthen your digestive tract.
  - It is a bulky substance that moves through the G.I. tract resulting in strengthening it and keeping it healthy.
  - Provides regular movement.
- There are two types: Soluble and insoluble fiber
- Soluble is fermentable (causing gas)
- Insoluble is for bulking and not digestible- good for strengthening.
- Helps reduce cholesterol levels because of its bulky and has adhesive components.
  - Then the cholesterol is eliminated with your feces.
- Helps prevent Cardiovascular Disease.
- **Food Sources:** Beans, legumes, fruits, veggies, and whole grains
- It is also available in supplemental form; but it is always best when it's provided by food.
- *Make sure to drink adequate water to help with movement and to prevent from dehydration*
- Recommendations: 25 to 35 grams daily
  - When starting out increase your intake slow to prevent GI discomfort.

#### **Recipe (demo/ sample):**

*Bruschetta:*

Demonstrates:

1. Use of vegetables and high fiber grain in low fat, vitamin rich recipe.  
(Yum!)

Ingredients:

- 15 oz can Italian stewed tomatoes (with basil and oregano)
  - 3 cloves garlic, minced
  - 2 tsp. olive oil
  - Salt and pepper to taste
1. Drain can of stewed tomatoes and chop on a cutting board.
  2. Combine together tomatoes, garlic, oil and salt & pepper in bowl and stir.

Serve with crackers or toasted, sliced bread.