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KNOW WHAT COUNTS

No matter what you've done for yourself or for humanity, if you can't look back on having given love and attention to your own family, what have you really accomplished?

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When Mom is Happy, Her Family Thrives!

Motherhood is one of the most important and challenging jobs in the world! The rewards are rich, but the demands can be overwhelming.

Every day you do your best to guide your family toward happiness and success. Most of what you know about being a mom is learned by trial and error, which can create stress. This isn't good for you or your family. Research confirms happier mom = happier kids. Whether you stay-home, work-outside-the-home, are single or a mom-to-be, there are simple strategies to help you become more successful and have more fun.

Four key strategies to

increase your personal happiness and reduce stress as a mom are:

- 1. Healthy Diet. You matter. Your physical and emotional health has significant impact on the health and wellness of your family. Making the choice to eat healthy meals every day that include fruits and vegetables can boost your body's natural defense against stress.
2. Exercise. Pick your favorite exercise and start slowly. It will help reduce stress as well as help you feel happier, motivated and more peaceful. Exercise also aids in keeping your
3. Effective Support Systems. The most successful people seek and provide help. To achieve your full potential as a mom, you will need to find expert advice as well as physical and emotional support.
4. Family Meals. You are your child's first and most important teacher. You can raise happy, healthy, loving and responsible kids. Offer about five healthy foods on a plate and give them independence to listen to their own body to eat just until they are full.



Strawberry Bread

- 3 cups flour
2 cups sugar
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon cinnamon
4 beaten eggs
1 1/4 cups vegetable oil
2 10-ounce packages frozen strawberries, thawed and chopped

Preheat oven to 350 degrees. Combine first five ingredients in large bowl. Form a shallow well in center of mixture. Combine remaining ingredients and add to dry ingredients. Stir well. Spoon mixture into two greased and floured loaf pans. Bake one hour. Cool 10 minutes in pans.

In the 'Test Kitchen' of Life

A young woman was complaining to her father about how difficult her life had become. He said nothing, but took her to the kitchen and set three pans of water to boiling. To the first pan, he added carrots; to the second, eggs; and to the third, ground coffee. After all three had cooked, he put their contents into separate

bowls and asked his daughter to cut into the eggs and carrots and smell the coffee. 'What does this all mean?' she asked impatiently. 'Each food,' he said, 'teaches us something about facing adversity, as represented by the boiling water.' The carrot went in hard but came out soft and

weak. The eggs went in fragile but came out hardened. The coffee, however, changed the water to something better. 'Which will you be like as you face life?' he asked. Will you give up, become hard or transform adversity into triumph? As the 'chef' of your own life, what will you bring to the table?



# Produce Power Puzzle

## Across:

- This vegetable is sometimes called a red \_\_\_ but it is really a type of sweet potato.
- You are what you \_\_\_\_.
- This fruit begins with a p and its name describes its shape. It is high in fiber when eaten with the peel.
- This long orange root vegetable is one of the richest sources of beta-carotene.
- This bulb vegetable can make your cry. It contains quercetin a phytochemical that may lower your risk for heart disease and certain cancers.
- String \_\_\_\_.  
(singular) This green vegetable contains good amounts of beta carotene & vitamin C.
- A type of apple that is new and begins with g. Apples are high in pectin, a soluble fiber that helps lower cholesterol.
- This bright green fruit is high in vitamin C. It tastes like a cross between a raspberry and a melon. Use it to brighten any salad or fruit salad.
- Look for these round green beauties both fresh and frozen. They are a legume but served as a vegetable.
- This common green vegetable is in the cruciferous family. It contains numerous phytochemicals that may help inhibit the growth of cancer.
- Look for this large fruit during the summer. It comes in many varieties such as cantaloupe, honeydew and watermelon. Vitamin C and beta-carotene are two nutrients that are found in this juicy fruit.
- This bulb vegetable is used for its flavor. It contains many phytochemicals which may help prevent cancer.
- This vegetable contains capsaicin, a phytochemical that may help prevent arthritic pain. A Jalapeno is one.
- This vegetable is also a grain. Enjoy it on the cobb.

## Down:

- Use cabbage to make this type of salad. Cabbage contains indoles that may help prevent cancer.
- Drinking this beverage is beneficial to your health. It is a better choice than coffee.
- This vegetable is sold by the head. It is rich in vitamin C and contains indoles, phytochemicals that may help prevent lung, colon and esophageal cancer.
- This dark green, leafy vegetable contains vitamin C, beta carotene and phytochemicals lutein and zeaxanthin that may help keep your eyes healthy. It is similar to collards except its leaves are curly.
- This vegetable is a fungus and contains a fair amount of B vitamins and some protein.
- This delicious tropical fruit is high in beta carotene and vitamin C. It's name rhymes with tango.
- This *fruit* is eaten as a vegetable and is the main ingredient for pasta sauce and ketchup. It contains plenty of vitamin C and lycopene which may help prevent prostate cancer.
- The American Institute for Cancer Research recommends that you eat at least this many servings of fruits and vegetables each day.
- This small red fruit comes with a pit and appears in your store during the summer.
- Go for the darkest green varieties of this leafy vegetable, which is the base for most salads.

## Answers:

- Across:** 1. yam, 4. eat, 5. pear, 6. carrot, 7. onion, 8. bean, 9. gala, 10. kiwi, 11. peas, 12. broccoli, 13. melon, 14. garlic, 15. hotpepper, 16. corn.
- Down:** 2. slaw, 3. tea, 6. cabbage, 10. kale, 13. mushroom, 17. mango, 18. tomato, 19. five, 20. cherry, 21. lettuce.

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