

September 2020- National 5-A- Day Month

A note from the author—

Hello NCP friends and happy September! This month, with the virus in full swing, we will witness a very strange beginning to the new school year... full of online classes, virtual teachers, and parents taking a more active role in their children's schoolwork. This is the perfect time for families, which are spending much more time together, to try to eat a healthier diet. This month, celebrate National 5 A Day Month with the NCP Health Ministry by reading more below!



What is the importance of eating healthy?

Healthy eating is one of the vital components of a lifestyle that contributes to our quality of life and to the prevention of many chronic diseases and conditions. Eating a diet rich in fruits and vegetables has been associated with lower risks for many chronic diseases, including some cancers and cardiovascular disease. However, there are many competing forces in our society that urge people to choose high-fat, high-calorie foods. Sales of fast foods and restaurant fare have increased in the last decade, whereas consumption of fruits and vegetables in this country has remained unchanged.



The PROBLEM:

Getting people to change their eating habits is very difficult. Many people acknowledge the importance of fruits and vegetables and can even tell you benefits of consuming such food. The problem lies with compliance. From the low price of unhealthy food to the convenience of fast food and fast-cooking food, it is very difficult for healthy and organic food to compete within the marketplace.

What are 5-A-Day programs?

There are 5 A Day programs across the country that, despite the barriers and limited support, people in these programs have been steadfast in their resolve to encourage people to increase their consumption of fruits and vegetables. The programs and strategies described in this publication testify to their hard work, creativity, and resourcefulness. Five A Day is changing the environment with programs that promote access to fruits and vegetables and that target people of all ages, schools, the community, industries, restaurants, churches, and work sites. There are cooking schools for children, cookbooks for children and adults, community gardens, 5 A Day restaurant programs, and a variety of innovative partnerships with farmers' markets. Other entries describe unique partnerships, environmental change, and media efforts. For most people, changing lifestyle patterns is easier when they have the support of their families, schools, and other institutions in the community where they live, work, and play. The stories in the books provide many ideas on how to do just that.



What is National 5-A-Day month?

September is National "5 a Day" month. It is recommended that individuals strive for five to nine servings of fruits and vegetables a day to maintain optimal health.

What does eating 5 servings or more of fruits and vegetables a day do for you?

Increasing your intake of fruits and vegetables provides the necessary fiber, vitamins, minerals and phytochemicals. These are essential to decrease the risk of cancer, heart disease, stroke and diabetes. Aim for variety. Selecting a "rainbow" colored diet will ensure the greatest amount of vitamins, minerals and phytochemicals. It may sound like a daunting task to eat this much produce, but if you follow the Food Guide Pyramid for portion sizes you may find that it's not as hard as you think.

Here are serving sizes:

Fruits Vegetables

1 c. cut up fruit 1 c. cooked

1 c. canned in natural juice 1 c. raw veggies

1 medium size fresh 1 c. vegetable juice

100% fruit juice 2 c. leafy greens

½ c. dried

Tips to add fruits and vegetables into your diet:

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Refrigerate cut-up fruit and veggies to store for later.
- Buy fresh fruits and veggies in season when they may be less expensive and at their peak flavor.
- At breakfast, top your cereal with bananas or peaches; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with lowfat or fat-free yogurt.
- At lunch, pack a tangerine, banana, or grapes to eat, or chose a salad from the salad bar.
- Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup. Then add other foods to complement it.
- Include a green salad with your dinner every night.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.
- Include chopped vegetables in pasta sauce or lasagna.
- Order a veggie pizza with toppings like mushrooms, green peppers, and onions, and ask for extra veggies.
- Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, mushrooms, green peppers, and onions
- Make a Waldorf salad, with apples, celery, walnuts, and dressing.
- Try meat dishes that incorporate fruit, such as chicken with apricots or mango chutney.
- For dessert, have baked apples, pears, or a fruit salad.
- Frozen juice bars (100%) make healthy alternatives to high-fat snacks.
- Many fruits taste great with a dip or dressing. Try low-fat yogurt or pudding as a dip for fruits like strawberries or melons.



Helpful Recipes to Increase your Fruit/Veggie Intake:

Citrus Salad

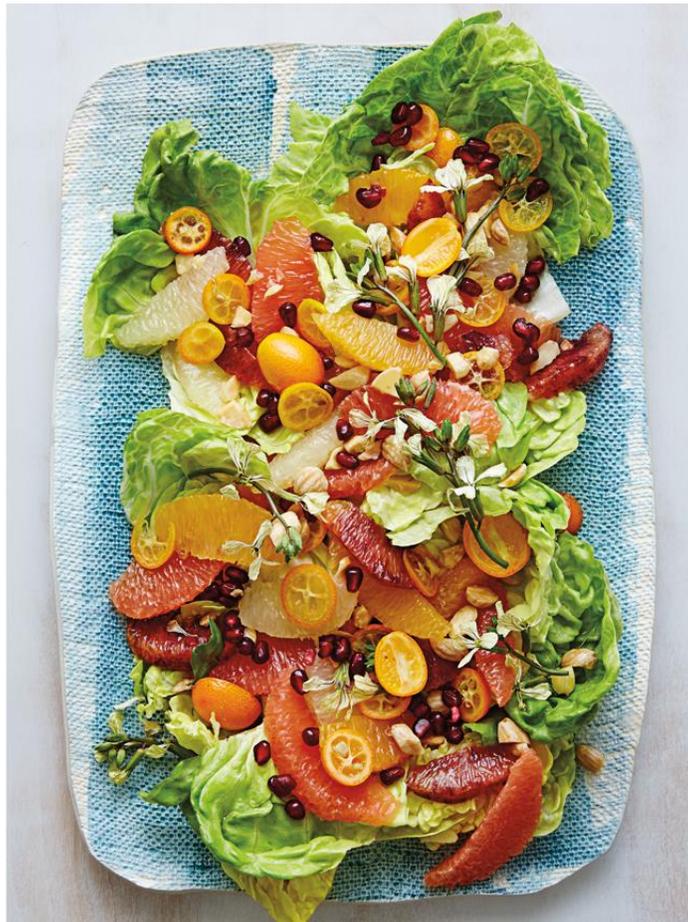
Ingredients:

- 1 can (20 oz.) Pineapple Chunks
- 1 pkg. (10 oz.) Packaged European Salad Blend (or lg. head Romaine)
- 1 tablespoon grated orange peel
- 1 orange, peeled, halved and sliced
- 1/2 cup halved and sliced Red Onion
- 1 cup chopped nuts, toasted
- 1/2 cup crumbled feta cheese
- 2 tablespoons vegetable oil
- 2 tablespoons balsamic or red wine vinegar

Directions:

1. Drain pineapple chunks; reserve 1/4 cup juice.
2. Combine pineapple chunks, salad blend, sliced orange, onion, nuts and cheese in large serving bowl; set aside
3. Stir together reserved juice, orange peel, oil and vinegar in small bowl. Pour over salad just before serving; toss to evenly coat.

Nutritional Analysis: 283 calories, 20 gm fat, 23 gm carbs, 6 gm protein



Breakaway Banana Split

Ingredients:

- 1 small banana, peeled
- 1 cup low fat vanilla yogurt
- ¼ cup low fat granola
- ¼ cup fresh blueberries or other fresh berries

Preparation:

1. Cut the banana in half lengthwise (from tip to tip).
2. Spoon yogurt into a cereal bowl.
3. Place the banana halves on the sides of the yogurt.
4. Top the yogurt with granola and blueberries. Serve.

Preparation time: 5 minutes

Makes 1 serving

Out of this Whirled Shake:

Ingredients:

- ½ banana, peeled and sliced
- 1 cup unsweetened frozen berries (strawberries, blueberries, and/or blackberries)
- ½ cup low fat (1%) milk or soft tofu
- ½ cup frozen orange juice concentrate

Preparation:

1. Place all ingredients in a blender container. Cover tightly.
2. Blend until smooth. If mixture is too thick, add ½ cup cold water and blend again.
3. Pour into 2 glasses and serve.

Preparation Time: 5 minutes

Makes 2 (1 1/3-cup) servings

Olympian Fruit Freezes

Ingredients:

- 1 8-ounce container nonfat lemon yogurt
- 2 cups cubed, seedless watermelon
- 1 basket fresh strawberries, tops removed
- 1 medium banana, peeled and sliced
- 8 7-ounce paper cups
- 8 plastic spoons

Preparation:

1. Place yogurt and fruit in a blender container. Cover tightly.
2. Blend until smooth. Pour into paper cups.
3. Freeze until thick and slushy, about 1 hour. Insert one spoon, handle up, into each cup of frozen fruit mixture. Return to freezer and freeze until solid, at least 2 hours.

4. To serve, remove from freezer and let sit for about 10 minutes. Peel paper cup off each treat and eat, holding the spoon as a handle.

Preparation time: 10 minutes, plus 3 hours freezing time

Makes 8 servings (1 Freezee per serving)

Oprah's Outtasight Salad

Salad Ingredients:

2 cups salad greens of your choice

1 cup chopped vegetables of your choice (tomatoes, cucumbers, carrots, green beans)

1 cup fresh orange segments or canned* pineapple chunks, drained

¼ cup Dynamite Dressing

2 tablespoons raisins or dried cranberries

2 tablespoons chopped nuts, any kind

* canned fruit packed in 100% fruit juice.

Preparation:

1. Put mixed salad greens on a large platter or in a salad bowl.
2. In a large bowl, mix chopped vegetables and orange segments. Add dressing and stir. Spoon mixture over salad greens.
3. Top with raisins and nuts. Serve.

Dynamite Dressing Ingredients:

¼ cup fruit-flavored nonfat yogurt

1 tablespoon orange juice

1½ teaspoons white vinegar

Dressing Preparation:

1. In a small bowl, mix all ingredients. Refrigerate until ready to serve.

Total Preparation Time: 20 minutes

Makes 4 (1-cup) servings



Piazza's Powerhouse Pizza

Ingredients:

- 4 whole wheat pita breads
- ¼ cup low-sodium spaghetti sauce or pizza sauce
- ¼ teaspoon dried oregano
- 1 cup chopped red or green bell pepper
- 1½ cups canned* pineapple chunks, drained
- 1/3 cup chopped lean, low-sodium ham
- ¾ cup shredded reduced-fat cheddar cheese
- * canned fruit packed in 100% fruit juice

Preparation:

1. Heat oven to 400°F.
2. Place pita breads on baking sheet. Spread each pita with 1 tablespoon spaghetti sauce. Sprinkle with oregano.
3. Top each pita with pepper, pineapple, ham, and cheese.
4. Bake until hot and cheese bubbles, about 5 minutes.
5. Remove pizzas from baking sheet. Place each pizza on a dinner plate and serve.

Preparation time: 15 minutes, including baking time

Makes 4 (1-pizza) servings

Touchdown Tostadas

Ingredients:

- 4 corn tortillas
- Nonstick cooking spray
- 1 cup fat free refried black beans or fat free refried beans
- ¾ cup shredded reduced-fat Monterey Jack cheese#
- 1 cup nonfat sour cream or low fat sour cream
- 1 cup shredded lettuce
- 1 cup shredded carrots
- 1 cup salsa

Preparation:

1. Heat oven to 350°F.
2. Lightly spray both sides of each tortilla with nonstick cooking spray. Place tortillas on baking sheet. Bake 10 minutes or until crisp. Remove from oven.
3. Spread ¼ cup beans on each tortilla. Top each tortilla with 3 tablespoons cheese.
4. Put back into oven. Bake until cheese melts, about 2 minutes. Remove tortillas from pan and place each one on a dinner plate.
5. Top each tortilla with ¼ cup sour cream, ¼ cup shredded lettuce, ¼ cup shredded carrots, and ¼ cup salsa. Serve.

Preparation time: 30 minutes, including baking time

Makes 4 (1-tostada) servings

Banana Berry Pancakes

This recipe promises to be a weekend favorite. Substitute any seasonal, canned, or frozen fruits for different flavors.

Pancake Ingredients:

1 large banana, peeled and sliced
1 cup complete pancake mix
½ cup water
nonstick cooking spray

Topping Ingredients:

1½ cups frozen strawberries
2 tablespoons strawberry jam

Pancake Preparation:

1. Place banana in a medium bowl and mash with a fork.
2. Add pancake mix and water; stir until blended.
3. Spray a large skillet with nonstick cooking spray over MEDIUM heat.
4. Pour ¼ cup batter for each pancake into hot skillet.
5. Cook pancakes for about 2 minutes per side or until cooked through.

Topping Preparation:

1. Place berries in a small bowl with jam.
2. Microwave on HIGH for 1 minute.
3. Stir, then cook for 1 minute more.
4. Spoon topping over pancakes.

Total Preparation Time: 10 minutes

Total Cook Time: 10 minutes

Makes 4 servings 2 pancakes per serving

Nutrition Information Per Serving: Calories 200, Carbohydrate 43 g, Protein 4 g, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 5 mg, Sodium 400 mg, Dietary Fiber 3 g



Chicken Tortas

Serve these sandwiches with sliced jalapeno peppers for added heat!

Chicken Torta Ingredients:

2 cups cooked, shredded chicken
1 teaspoon chili powder
2 cups prepared fresh salsa
2 cups shredded romaine lettuce
4 thin white onion slices
½ cup shredded low fat Monterey Jack cheese
4 Bolillo or French rolls, cut in half lengthwise
2 radishes, sliced

Chicken Torta Preparation:

1. In a medium bowl, combine chicken, chili powder and 1 cup of fresh salsa.
2. In a second bowl, combine lettuce, onion, radishes, and cheese.
3. Place equal amounts of chicken and lettuce mixtures inside of each roll.
4. Spoon ¼ cup fresh salsa over lettuce and close sandwich.

Chicken Torta Preparation Time: 15 minutes

Cook Time: 5 minutes

Makes 4 servings

1 sandwich per serving

Nutrition Information Per Serving: Calories 312, Carbohydrate 28 g, Protein 29 g, Total Fat 9 g, Saturated Fat 3 g, Cholesterol 67 mg, Sodium 476 mg, Dietary Fiber 4 g

Spud Stuffers

No ordinary potatoes here. Pick your favorite topping from the list below.

Spud Ingredients:

4 medium baking potatoes
2 tablespoons margarine
2 tablespoons fat free sour cream
Your choice of Mexican, Western or Veggie topping

Spud Preparation:

1. Wash potatoes and pierce three times with a fork.
2. Microwave on HIGH for about 6 minutes.
3. Turn potatoes over and cook on HIGH for about 10 minutes more.
4. Or, bake in the oven at 400°F for 45 to 60 minutes.
5. When cooked, carefully cut open the top.
6. Place ½ tablespoon margarine and ½ tablespoon sour cream on top of each potato.
7. Top each potato with one of the toppings below. The ingredient amounts listed are for one potato.

Mexican Topping:

¼ cup prepared fresh salsa
1 tablespoon diced green chilies
1½ tablespoons shredded low fat Cheddar or Monterey Jack cheese

Nutrition Information Per Serving: Calories 190, Carbohydrate 41 g, Protein 6 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 5 mg, Sodium 140 mg, Dietary Fiber 4 g

Western Topping:

- 2 tablespoons chopped tomatoes
- 2 tablespoons finely chopped green bell pepper
- 1 tablespoon sliced green onion
- 2 tablespoons shredded low fat Cheddar cheese
- 1 tablespoon bacon bits

Nutrition Information Per Serving: Calories 190, Carbohydrate 39 g, Protein 6 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 5 mg, Sodium 140 mg, Dietary Fiber 4 g

Veggie Topping:

- 3 tablespoons chopped broccoli
- 2 tablespoons chopped yellow squash
- 2 tablespoons shredded low fat Cheddar cheese
- 1 tablespoon sliced green onion

Nutrition Information Per Serving: Calories 180, carbohydrate 38 g, Protein 5 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 85 mg, Dietary Fiber 4 g

Preparation Time: 15 minutes

Cook Time: 16-60 minutes

Makes 4 servings

1 spud stuffer per serving



Sesame Chicken with Peppers and Snow Peas

Ginger and sesame add an Asian flair to this dish

Ingredients:

1 tablespoon sesame seeds
nonstick cooking spray
1 pound boneless, skinless chicken breasts, cut into strips
2 cups snow peas, trimmed
1 each medium red and green bell pepper, cubed
3 tablespoons low-sodium soy sauce
2 tablespoons water
1½ teaspoons brown sugar
¼ teaspoon ground ginger
2 green onions, sliced

Preparation:

1. Place sesame seeds in a large nonstick skillet; cook for 2 minutes over MEDIUM-HIGH heat until lightly browned.
2. Remove from skillet and set aside.
3. Spray same skillet with nonstick cooking spray.
4. Add chicken; cook for 10 minutes or until chicken is cooked through.
5. Add snow peas and bell peppers; stir-fry for 3 to 4 minutes until vegetables are crisp tender.
6. In a small bowl, combine soy sauce, water, brown sugar, and ginger; add to skillet.
7. Cook for 5 minutes over MEDIUM-HIGH heat.
8. Sprinkle with green onions and serve.

Preparation Time: 10 minutes

Cook Time: 20 minutes

Makes 4 servings

1¼ cups per serving

Nutrition Information Per Serving: Calories 180, Carbohydrate 10 g, Protein 29 g, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 65 mg, Sodium 480 mg, Dietary Fiber 2 g

Pico de Gallo

Fresh tasting, with just a bit of heat. Use to season your family meals or serve with tortilla chips.

Ingredients:

1 pound ripe tomatoes, chopped
1½ cups chopped onion
1/3 cup chopped fresh cilantro
3 jalapeño peppers, seeds removed and chopped
2 tablespoons lime juice
2 cloves garlic, minced
¼ teaspoon salt

Preparation:

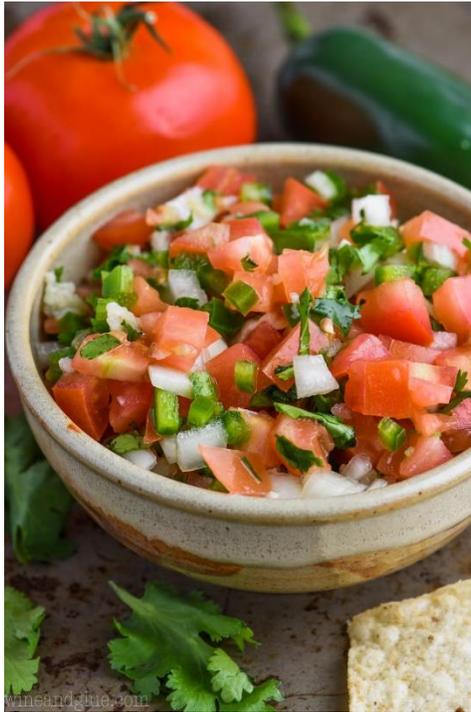
1. Combine all ingredients in a medium bowl.
2. Serve immediately or cover and refrigerate for up to 3 days.

Preparation Time: 20 minutes

Makes 6 servings

½ cup per serving

Nutrition Information Per Serving: Calories 36, Carbohydrate 8 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0g, Cholesterol 0 mg, Sodium 108 mg, Dietary Fiber 2 g



Veggie Bean Wrap

Fresh mangos and avocado give this meal a tasty twist.

Ingredients:

- 2 green or red bell peppers, seeded and chopped
- 1 onion, peeled and sliced
- 1 (15-ounce) can 50% less salt/sodium black beans, drained and rinsed
- 2 mangos, chopped
- juice of 1 lime
- ½ cup chopped fresh cilantro
- 1 avocado, peeled and diced
- 4 10-inch fat free flour tortillas

Preparation:

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve ½ mixture for topping.
3. Fill warmed tortillas with ¼ bean mixture and ¼ mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.

Preparation Time: 15 minutes

Cook Time: 10 minutes

Makes 4 servings

1 wrap per serving

Nutrition Information Per Serving: Calories 531, Carbohydrate 92 g, Protein 17 g, Total Fat 12 g, Saturated Fat 2 g, Cholesterol 0 mg, Sodium 329 mg, Dietary Fiber 15 g

What about the Delaware 5-A-Day Program?

Every state in the U.S. has a different program with a different focus. See the clip below from the CDC's website about Delaware's program!

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Although staff shortages have kept Delaware from implementing an official program, 5 A Day messages are being incorporated into other state programs. In addition, strategic planning has begun for physical activity and nutrition programs, including 5 A Day. In 2002, the state published *Blueprint for a Healthier Delaware: Promoting Physical Activity and Healthy Nutrition*, which outlines a strategic plan to help Delaware residents take control of their health.

Program Focus- Also known as "The First State," Delaware is seeking to become "The Fit State." State government leaders, employers, educators, consumers, and concerned citizens are using 5 A Day messages to help reduce chronic disease and obesity rates in the state. Although nearly 58.6% of state residents were overweight or obese in 2002, only 22% ate fruits and vegetables 5 or more times a day in 2003.

Program Components- Examples of ongoing or new 5 A Day activities include the following:

- The Delaware Division of Public Health (DPH) and the City of Wilmington integrated 5 A Day messages into the following planning and public policy documents: *Healthy Wilmington 2010* and *Blueprint for a Healthier Delaware: Promoting Physical Activity and Healthy Nutrition*.
- The Delaware Division of Services for Aging and Adults with Physical Disabilities (DSAAPD) developed a curriculum called *Fruits and Vegetables: Rx for Better Health!* It is being used in all senior centers in Delaware and as a model for other states. It is now part of a larger project called Eating Better and Moving More.
- DSAAPD also created Healthy for Life, a 10-week demonstration project that helps seniors set goals, discuss strategies, and overcome challenges to increasing their fruit and vegetable consumption and physical activity levels. University of Delaware graduate students provide instruction, support, and evaluation.
- The Delaware Division of the American Cancer Society launched 5 A Day Body and Soul, a community outreach program designed to reach African American women and their families in 3 Delaware churches.
- The Produce for Better Health (PBH) Foundation, which leads the national 5 A Day Partnership, worked

with the City of Wilmington to host 5 A Day Month and Wilmington Wellness Month, providing interactive

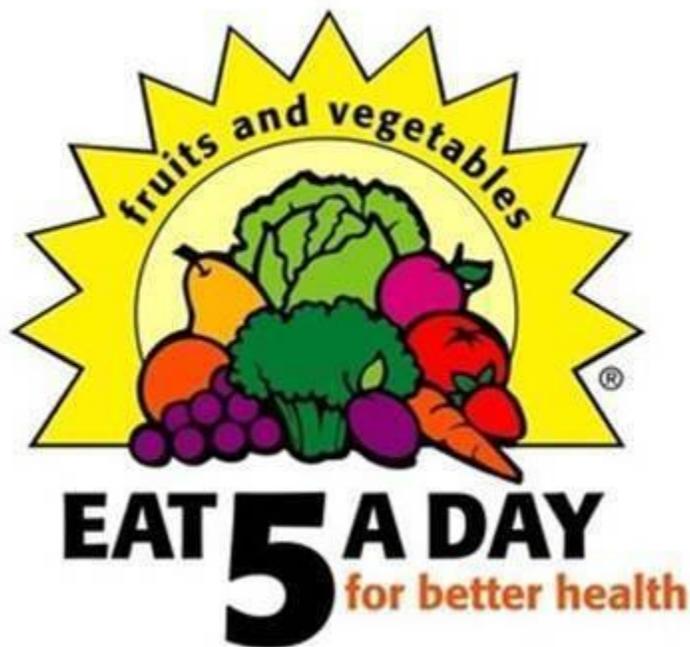
exhibits and free produce to thousands of participants.

-National 5 A Day materials have been displayed at health exhibits throughout the state, including at the University of Delaware, the Delaware State Fair, the American Heart Walk, the MBNA Corn Boil, and the Health Education Network of Delaware.

-In November 2003, the PBH Foundation and the Institute for a Healthier America added 3 elementary schools in Sussex County to a national pilot program called Wellness, Academics, and You. The curriculum for this program contains a 5 A Day module for third and fourth graders.

-Executives of several private companies and the Delaware State Chamber of Commerce's Health Advisory Committee are creating partnership programs to encourage employees to change their diets and eat healthier.

-The DPH Web site (<http://www.deph.org>) includes information on nutrition and links to the national 5 A Day Program. Similar information is available on Web sites that promote physical activity (<http://www.getupanddosomething.org>).



Promoting a Program with Limited Funding- When new programs or initiatives are proposed, funding and staffing are often problematic— especially when the economy is in recession and states are cutting budgets and not hiring new employees. But in Delaware, groups of concerned professionals and laypeople have come together to find ways to promote the 5 A Day concept despite limited resources. In 2002, representatives from the University of Delaware Cooperative Extension, the state WIC Program, and the national Produce for Better Health (PBH) Foundation worked together to develop a 5 A Day plan. At the same time, the Delaware Coalition to Promote Physical Activity and Healthy Nutrition was formed to develop a strategic plan for the state, the *Blueprint for a Healthier Delaware: Promoting Physical Activity and Healthy Nutrition*. When the work of these

two groups merged, both plans became stronger.

Meanwhile, Delaware Lt. Governor John C. Carney, Jr. had announced a program called the Lt. Governor's Challenge, which was designed to help state residents become more physically active. The program was supported by the American Cancer Society, the Delaware Division of Public Health, the Delaware State Chamber of Commerce, and the Christiana Care Health System.

The program was based on two simple messages—that people need to participate in regular, moderate intensity physical activity and eat a healthy diet that includes 5–9 servings of fruits and vegetables every day. Challenge participants could earn points and medals by completing any of a variety of daily activities. (For more information, visit <http://www.state.de.us/ltgov>).

Even without significant funding, the organizers of these activities were able to promote 5 A Day messages. In addition, a small marketing campaign was launched with funds from a special state fund (related to the Tobacco Master Settlement Agreement) and a federal PHS Block Grant. The PBH Foundation, which leads the national 5 A Day Partnership and is headquartered in Delaware, provided a colorful 5 A Day The Color Way television advertisement. This advertisement targeted mothers and children, airing on several television channels that appeal to women and on one aimed at children. It also included information about the Delaware Division of Public Health and the Lt. Governor's challenge. The advertisement ran for about one month in 2003 and again during the spring of 2004. The state's cable provider (Delaware has only one) will evaluate the advertisement's effectiveness with support from the University of Delaware. It's a small start, but one that may have a big impact in a small state like Delaware. And it proves what can be accomplished even without significant staffing or funding. As more resources become available, the 5 A Day Program will become a more definitive component of Delaware's comprehensive physical activity and nutrition plan.