

FRESH FOCUS



FFVP Newsletter | Volume 5 | May 2019

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ISSUE

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UPCOMING

May

National Asparagus Month

National Salad Month

National Strawberry Month

6th-10th National Teacher
Appreciation Week

14th - **Monthly FFVP Webinar**

21st - **Nutrition Education for
Your FFVP Webinar**

20th - National Pick
Strawberries Day

June

National Fruit and Vegetables
Month

National Papaya Month

1st - **SY19-20 FFVP Application
Due**

1st - National Olive Day

11th - National Corn on the Cob
Day

11th - **Monthly FFVP Webinar**

17th - National Eat Your
Vegetables Day

30th - **Last day to spend Period
2 funds**



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This institution is an equal opportunity provider.



7 Benefits of Cruciferous Vegetables

Cruciferous vegetables are packed with nutrients! Vegetables in this family include broccoli, Brussels sprouts, cabbage, cauliflower, arugula, bok choy, kohlrabi, collard greens, mustard greens, radish, turnips, and kale. Take a look at 7 benefits of cruciferous vegetables outlined below!

1. **Good source of fiber (check out this [webpage](#) for more on the benefits of fiber)**
2. **High in vitamin C which helps build a strong immune system**
3. **High in vitamin K which aids in blood clotting and maintaining bone health**
4. **Contain anti-inflammatory compounds**
5. **Help protect cells from DNA damage that leads to cell aging**
6. **Contain cancer-fighting compounds**
7. **May help reduce cholesterol levels**

Cruciferous Vegetables and Cancer Prevention

Cruciferous vegetables have a wide variety of health benefits. One especially beneficial nutrient found in them are a group of sulfur-containing substances called glucosinolates. Researchers have identified several ways in which glucosinolates may help prevent cancer in the laboratory setting. For example, they help protect cells from DNA damage (which leads to cell aging), help inactivate cancer-causing agents, have antiviral and antibacterial effects, they induce cell death, and inhibit tumor blood vessel formation and tumor cell migration. Despite these promising results in the laboratory setting, studies conducted in humans have shown mixed results. One thing that is certain, however, is that there is certainly a benefit to eating a daily serving of broccoli or other cruciferous vegetables! Read more about this research [here](#).



#GetFreshWithFriends



TOOLS TO TEACH

How to Use the Nutrition Facts Label:

1. Check the serving size. Many times what we serve ourselves may be more than the serving size
2. Look at the % Daily Value. Try to choose foods with 5% Daily Value or less of nutrients in **orange**, and 20% Daily Value or more of nutrients in **purple**.

For more information on nutrition labels, click [here](#).

Start with Serving Size		Nutrition Facts	
Limit These Nutrients		Serving Size: 1 cup (228g) Serving Per Container: 2	
Get Enough of These Nutrients		Amount Per Serving	
		Calories: 250 Calories from Fat: 110	
		% Daily Value*	
		Total Fat 12g	18 %
		Saturated Fat 3g	15 %
		Trans Fat 3g	
		Cholesterol 30mg	10 %
		Sodium 470mg	20 %
		Potassium 700mg	20 %
		Total Carbohydrate 31g	10 %
		Sugars 5g	
		Dietary Fiber 0g	0%
		Protein 5g	
		Vitamin A 4% • Vitamin C 2%	
		Calcium 20% • Iron 4%	
*Percent Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

LOOK LOCAL

U-PICK Farms

Did you know stone fruit season is upon us? Peaches are one type of stone fruit that are delicious when picked directly from the tree. Check out your local farms for availability and grab a basket to pick some fresh peaches! Schnepf Farms in Queen Creek has been named as the best in the country by Wine Spectator Magazine. They have a U-PICK orchard where you can choose from a variety of produce including peaches sold by the pound. Vertuccio Farms in Mesa has a U-Pick orchard as well. They are open daily from 6am-3pm once the first crop or the season is ready. Don't have time to pick yourself? Consider checking out Singh Meadows in Tempe that has fresh produce for purchase in their farmer's market-style shop!



Know Your Nutrients!

Vitamin K

Vitamin K is one of 4 fat-soluble vitamins. This means it is best absorbed when eaten with healthy fats such as avocados, nuts, or olive oil. It is important for blood clotting and healthy bones, as well as other functions. Vitamin K is found naturally in many foods, and it is typically easy to get enough of if you eat a variety of foods. Green leafy vegetables such as spinach, kale, broccoli, and lettuce are good sources of vitamin K. Vitamin K is also found in meat, cheese, eggs and soybeans.



CHOOSE A CHALLENGE:

Try
Brussels
Sprouts



or

Try a
Radish

