

Nutrition Bites



Potent Purple & Blue Vegetables

Purple and blue foods are known to support healthy aging, brain function, cardiovascular health, and to reduce the risk of cancer.

Not to mention they are some of the most delicious vegetables and foods available.

Most purple and blue foods are colored by a pigment called anthocyanin, which is a potent protective antioxidant. Beets are colored by a pigment called betalain, an equally powerful antioxidant, giving the vegetable a reddish color.

Some purple vegetables include beets, eggplant, purple cabbage, purple peppers, purple potatoes, purple carrots, purple cauliflower, and red onions.

Purple and blue fruits include blueberries, grapes, plums, figs, raisins, prunes and blackberries.

You can also include other purple plants in your diet, like lavender and purple basil, for even more anti-aging and anti-cancer benefits.

Featured Vegetable

Beets

- ✓ Purify the blood
- ✓ Protect against colon cancer
- ✓ Stimulate liver detoxification
- ✓ Promote healthy cholesterol levels
- ✓ In Roman times, beet juice was considered an aphrodisiac, and we now know that beets are high in boron, a mineral critical for the production of sex hormones

The National Health and Nutrition Examination Study (NHANES), a survey of eating and health habits, found that adults who eat purple and blue fruits and vegetables have reduced risk for both high blood pressure and low HDL cholesterol (the “good” - and very needed - kind); they are also less likely to be overweight.



Sources:

Wood, Rebecca. *The New Whole Foods Encyclopedia*. Penguin Books, 2010.

World's Healthiest Foods <<http://www.whfoods.com/>>

This Week's Recipe

Asian Slaw with Sesame & Ginger

Makes 8 servings | Preparation time: 30 min | Total time: 30 min

1 small head Napa, Savoy or regular green cabbage, very thinly sliced, about 8 cups

1 cup shredded beets

1 cup shredded carrots

1 bunch scallions thinly sliced

4 tablespoons toasted sesame oil

2 tablespoons ume plum vinegar (or brown rice vinegar if you need an alternative)

1 ½ tablespoons tamari

1 tablespoons freshly grated ginger

2 tablespoons black or regular sesame seeds, toasted

1 Whisk together the sesame oil, umeboshi plum vinegar, tamari and ginger. Taste and add more ume vinegar if you want the flavor to be brighter.

2 In a large bowl, toss all the vegetables together, then add the dressing and the toasted sesame seeds and toss to coat.