



More Color More Health Whites

**Eating White Vegetables Ensures
Getting The Essential Vitamins,
Minerals, Fiber & Phytochemicals That
This Color Group Has To Offer**

CDC Recommends Eating a Variety of Colorful Vegetables and Fruits

Garlic, onions, and leeks may be lacking in color, but they're bursting with powerful phytochemicals, substances found only in plants that help your body fight disease and promote good health. The National 5 A Day for Better Health Partnership recommends flavoring salads, sandwiches, and main dishes with garlic, onions, and/or leeks as part of your recommended 5 to 9 servings of vegetables and fruit a day.

Vegetables from the onion family, which include garlic, chives, scallions, leeks, and any variety of onion, share a group of phytochemicals that are very important to good health. The most common member of this phytochemical group is allicin. Research is being conducted to show how allicin in garlic and onions may help lower cholesterol and blood pressure and increase the body's ability to fight infections.

Top Sources of Allicin

Garlic	Onions
Leeks	Chives

The following are research studies related to this group:

- Wargovich MJ, Uda, N, et al. Allium vegetables: their role in the prevention of cancer. *Biochemical Society Transactions* (1996);vol.24:811-814.
- Milner J. Garlic: Its anticarcinogenic and antitumorigenic Properties. *Nutrition Reviews* (Nov. 1996); vol54, No.11:S82-S86.
- Gowsala P, Johanna W, et al. Helicobacter pylori-In vitro susceptibility to garlic extract. *Nutrition and Cancer* (1997);27(2):118-121.
- Alexander N, Orekhov, et al. Effects of garlic on atherosclerosis. *Nutrition*. (1997);13:656-663.

There are thousands of health promoting phytochemicals found in plants. Research is just beginning to understand how they work to improve health, so it's important to eat a wide variety of colorful orange/yellow, red, green, white, and blue/purple vegetables and fruit every day. By eating vegetables and fruit from each color group, you will benefit from the unique array of phytochemicals, as well as essential vitamins, minerals, and fiber that each color group has to offer alone and in combination.

The best way to include a variety of foods is to eat vegetables and fruits of various colors. Eating a variety of colorful vegetables and fruits is an easy way to achieve the 5 to 9 a day goal. Keep in mind, 5 servings is the minimum, but strive for 5 to 9 servings a day.



For breakfast try an omelet loaded with onions and other veggies. Try adding onions on your salad, in your sandwich, or putting chives on your baked potato for lunch. Salsa made with garlic and onion added to chopped tomatoes, herbs and spices is a great tasty snack served with baked low-fat chips. For dinner try the baked onion recipe below. When cooking or stir-frying include onion, leeks and garlic with you vegetables.

The 5 A Day Program encourages all Americans to eat 5 to 9 servings of vegetables and fruit a day to promote health and reduce risk of cancer and other chronic diseases. For additional information on the 5 A Day For Better Health Program and Partnership, visit:

<http://www.cdc.gov/nccdphp/dnpa/5ADay/index.htm>

www.5aday.gov

www.5aday.org*

White Recipes

Baked Onions

This is an easy and fat-free way to enjoy the sweet taste of onions.

Makes 4 servings

Each serving equals two 5 A Day

4 medium sweet onions

$\frac{3}{4}$ cup water

$\frac{1}{4}$ cup balsamic vinegar

2 tsp arrowroot or cornstarch

2 Tbsp water



Preheat oven to 350° F. Peel the onions. Place them side by side into a small casserole. Pour the water and balsamic vinegar over and around the onions, and bake for 2 hours. When softened, thicken remaining juices with arrowroot or cornstarch mixture. Serve onions with the sauce.

Nutritional analysis per serving: Calories 57, Protein 1g, Fat 0g, Calories From Fat 3%, Cholesterol 0mg, Carbohydrates 13g, Fiber 2g, Sodium 9mg.

Onion Salsa Salad

This zesty dish adds flavor and nutrients to any meal.

Makes 6 servings

Each serving equals one 5 A Day serving

Source: Plantation Produce Company

1 cup onions, diced

1 small can pimento, diced

$\frac{1}{2}$ cup green onion

$\frac{1}{4}$ cup fresh jalapeno, chopped (optional)

8 ounces black eye peas

1 cup bell peppers, diced

1 oz fresh garlic, chopped

$\frac{1}{4}$ cup Italian dressing

$\frac{1}{4}$ tsp salt

$\frac{1}{8}$ tsp pepper

Combine all items. Let marinate overnight for best flavor. Serve as a side dish or as an appetizer with low fat crackers.

Nutritional analysis per serving: Calories 73, Protein 4g, Fat 6g, Calories From Fat 5%, Cholesterol 0mg, Carbohydrates 14g, Fiber 4g, Sodium 267mg.

Roasted Garlic and Green Pea Pasta Sauce

Use roasted garlic as a background for this smooth, delicious green pea sauce.

Makes 4 servings

Each serving equals one 5 A Day serving

Source: National Cancer Institute

1 head garlic or 8 cloves jarred garlic

1 lb (2 cups) frozen peas

1 cup nonfat evaporated milk

$\frac{1}{4}$ tsp salt

2 Tbsp grated Parmesan cheese

2 Tbsp chopped parsley

Preheat the oven to 350°F. Cut off the stem end of the head of garlic exposing the cloves inside. Wrap in foil and bake in the preheated oven 1 hour or until very soft. Unwrap and allow to cool. Or use 8 cloves of jarred garlic.

Drop the peas into boiling water and cook 2 minutes. Drain and toss into a blender. Squeeze the garlic head toward the cut end to collect all the soft flesh. Add to the peas in the blender along with the evaporated milk and salt. Blend until smooth.

Push through a sieve and reheat. Serve over pasta with a sprinkling of Parmesan cheese and chopped parsley on top.

Nutritional analysis per serving: Calories 83, Protein 6g, Fat 0g, Calories Of Fat 2%, Cholesterol 0mg, Carbohydrates 14g, Fiber 3g, Sodium 190mg.

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