



Bell Peppers

Nutritional Information



General Information:

Bell peppers come in a rainbow of colors with the most common being green, red, and yellow. The flavor and color is determined by the variety of the plant and also how ripe it is. The longer the bell pepper matures on the plant, the sweeter and milder it will be. Interestingly, all baby bell peppers start out green. As they mature and ripen further, they then change color. For example, a red pepper is just a matured green pepper that has turned red.

Purchasing:

Choose bell peppers that have smooth, shiny skin. They should feel heavy for their size and be free from black spots, cuts or depressions on the skin.

Storing:

Bell peppers are best stored in the vegetable bin of your refrigerator in an open plastic bag. They are ideally eaten within a week after you buy them. Green bell peppers will stay fresh slightly longer than yellow and red peppers.

Nutritional Content:

Bell peppers contain no saturated fat or cholesterol and almost no sodium. They are a great source of Vitamin C and also provide fiber, potassium, and Vitamin B6. Red bell peppers are also high in beta carotene and higher in Vitamin A than their green "cousins."

Peppers are great raw or cooked.

Try adding bell peppers to dishes with beans.

The Vitamin C helps the iron in the beans be absorbed by the body more easily.



Sources:

<http://www.eatright.org>

<http://nutritiondata.self.com>

<http://www.bing.com/images>

<http://www.fruitsandveggiesmatter.gov/month/bellpepper.html>

Note: nutritional information may vary based on variety, ripeness and serving size.



Broccoli

Nutritional Information



General Information:

Broccoli is a dark green vegetable that looks like little trees joined together. These 'little trees' are called the florets. Broccoli has been around for over 2,000 years and has been grown in American gardens for around 200 years. It comes from a small shrub-like plant. Broccoli can be eaten raw or cooked. When cooking broccoli, cook it quickly until tender but crisp. Broccoli is a great source of many of the vitamins and minerals that our body needs each day.

Purchasing:

Choose broccoli that is dark green in color with the florets packed tightly together. Avoid broccoli that is starting to yellow or develop black spots as it is getting old. If the stalks of the broccoli are rubbery it is of poor quality.

Storing:

Broccoli is best stored in the vegetable bin of your refrigerator in an open plastic bag. It is ideally used soon after you buy it.

Nutritional Content:

Broccoli contains no saturated fat or cholesterol and almost no sodium. It is also a great source of fiber, folate, manganese and Vitamins A and C.

*The best way to cook raw broccoli is to steam, microwave, or stir-fry it quickly, making sure it stays bright green and slightly crisp.
Broccoli can also be purchased frozen.*



Sources:

<http://www.eatright.org>

<http://nutritiondata.self.com>

<http://www.bing.com/images>

<http://www.fruitsandveggiesmatter.gov/month/broccoli.html>

Note: nutritional information may vary based on variety, ripeness and serving size.

*Developed by Leanne McKenzie, APD. In support of YMCA of Honolulu's Food and Fun Program, 2011
Reviewed by Alice Toguchi-Matsuo, R.D., 2012.*



Cabbage

Nutritional Information



General Information:

Cabbage is one of the vegetables in the cruciferous family. Other vegetables in this family include broccoli, bok choy, kale and collard greens. It is at its peak for harvest in fall and early winter and grows best in cool, moist climates. Cabbage is inexpensive and can be enjoyed raw, steamed, boiled, or as part of many popular dishes like coleslaw, stir-fry, and casserole.

Nutritional Content:

Cabbage has no saturated fat or cholesterol and contains almost no sodium. It is high in Vitamin C and Vitamin K.

Purchasing:

When choosing a cabbage, pick a head that is firm. The leaves should be shiny, without bruises or cracks. Cabbage should be stored in the refrigerator and once cut should be covered with plastic wrap.

*Cabbage is a very versatile vegetable that can be added to many dishes.
It is low cost and also high in antioxidants.*



Sources:

<http://www.eatright.org>

<http://nutritiondata.self.com>

<http://www.encyclopedia.com>

<http://www.bing.com/images>

Note: nutritional information may vary based on variety, brand and serving size.

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Carrots

Nutritional Information



General Information:

Carrots are available and in season all year-round. Carrots grow under the ground and have a long green head that is exposed while they grow. Baby carrots are either picked early or they are larger carrots that have been peeled, trimmed, and packaged. Carrots are one of the sweetest vegetables, which makes them a great snack to enjoy raw.

Purchasing:

If the green tops are still attached, choose carrots with bright green feathery tops. Otherwise, look for a deep orange color with a good shape. Avoid carrots that are cracked, shriveled, soft, or wilted.

Storing:

Carrots are best stored in the vegetable bin of the refrigerator in a plastic bag. If you purchase them with the green tops on, remove these before storage. If you can, store them away from your fruits to help them last longer. Keep your carrots in the refrigerator for up to two weeks.

Nutritional Content:

Carrots contain no saturated fat or cholesterol and almost no sodium. They are a great source of fiber and Vitamins A and K. Carrots also contain potassium. Carrots can help with maintaining healthy skin, proper growth, and a strong immune system.

Seasonings that go well with carrots include dill, tarragon, ginger, honey, parsley, lemon or orange juice.



Sources:

<http://www.eatright.org>

<http://nutritiondata.self.com>

<http://www.bing.com/images>

<http://www.fruitsandveggiesmatter.gov/month/carrot.html>

Note: nutritional information may vary based on variety, ripeness and serving size.

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Celery

Nutritional Information



General Information:

Celery is a common vegetable in the same family as carrots and parsley. It is available year-round and is commonly used in salads or even as a snack on its own. Celery has long green stalks that grow in a bunch with a leafy end. The heart of the stalk is the part that is most commonly eaten. It has a juicy, mild onion like flavor that goes well with both sweet and savory salads, stews, and snacks.

Purchasing:

Choose celery that is compact with firm, crisp stalks. The leaves should be green and there should be no bruises or discoloration. Avoid celery that is limp, soft, or slimy.

Storing:

Store celery in a plastic bag or sealed container in the vegetable bin of the refrigerator. It can last up to two weeks. Rinse well before using as dirt can be trapped between the stalks.

Nutritional Content:

Celery contains no cholesterol or saturated fat. It is a good source of fiber and Vitamin K.

Try celery dipped in a little low fat cream cheese for a tasty snack.



Sources:

<http://www.bing.com/images>

<http://nutritiondata.self.com>

<http://www.fruitsandveggiesmatter.gov/month/celery.html>

Note: nutritional information may vary based on variety, ripeness and serving size.

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Corn

Nutritional Information

General Information:

Corn is a popular crop that has been grown for thousands of years. There are over a thousand varieties grown in Hawaii alone, with many crops grown for seed or stock feed purposes. Sweet corn that we eat off the cob is available year-round. Corn is a sweet-tasting, bright yellow vegetable made from small kernels that grow around a cob, often called an 'ear' of corn. The cob is enclosed by a green, leafy casing called the husk that you remove before eating. Corn can also come in varieties that are white, orange, or red.

Purchasing:

Corn can be purchased fresh, frozen, or in a can. If buying fresh, choose corn that has a green, fresh-looking husk. When you open the husk, the kernels should be yellow, tightly packed, getting smaller at the tip without dimples. If you squeeze one of the corn kernels, a milky juice should spurt out. If purchasing corn in a can, look for one with a low sodium content and without added sugar.

Storing:

Fresh corn should be stored in the vegetable bin of the refrigerator, in the husk if possible. The sooner you cook corn, the sweeter it will taste. Cook corn within a couple of days of purchase.

Nutritional Content:

Fresh corn contains no sodium, cholesterol, or saturated fat. It is high in phosphorous, thiamin, magnesium, and fiber. Corn is also a good source of iron, zinc, and niacin. Nutritionally, canned and frozen varieties are similar to fresh corn.

*Corn is great eaten straight from the cob or used in salads, stews, or salsas.
Try fresh corn raw to really taste its sweetness.*



Sources:

<http://www.eatright.org>

<http://www.bing.com/images>

<http://nutritiondata.self.com>

<http://www.fruitsandveggiesmatter.gov/month/corn.html>

<http://www.kitv.com/news/16803083/detail.html>

Note: nutritional information may vary based on variety, ripeness and serving size.

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Garlic

Nutritional Information



General Information:

Garlic is a common flavoring for many dishes that is available year-round. It has a strong flavor and aroma that works well with numerous foods including meats, pastas, vegetable dishes, and breads. Garlic grows as a bulb covered with a flaky white outer skin. It is divided into segments called cloves, with each clove covered with a white sheath. Most of the garlic grown in the US is produced in California, however there are over 300 varieties grown worldwide. Garlic has a milder flavor when cooked than if it's used raw.

Purchasing:

Garlic can be purchased fresh, minced in a jar, granulated, or ground. When choosing fresh garlic, choose a bulb that has firm, dry cloves that aren't soft or shriveled.

Storing:

Garlic should be stored outside of the refrigerator in a cool, dark place, free from moisture. Some people use a clay garlic holder to store their garlic. It will last well for up to several weeks if stored correctly.

Nutritional Content:

Garlic contains no cholesterol, saturated fat, or sodium. Some studies have shown that garlic may help to reduce cholesterol levels and blood pressure and improve circulation.

*Garlic is an excellent flavor to add to any savory dish.
Try a little lemon juice to remove any garlic smell from your hands after chopping.*



Sources:

<http://www.bing.com/images>

<http://nutritiondata.self.com>

<http://www.fruitsandvegetablesmatter.gov/month/garlic.html>

<http://www.eatright.org>

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Ginger

Nutritional Information



General Information:

Ginger is a type of rhizome, which is an edible, underground stem. It is a tropical, Asian herb that has a spicy, aromatic root. In ancient times, the root or 'ginger root' was thought to spiritually cleanse the body and help treat digestive problems. Today, ginger is used by some people to assist with relieving nausea or an upset stomach. Ginger is grown in tropical areas including Florida, Eastern Texas, and Hawaii. Ginger root is tan in color, with a whitish yellow, stringy flesh.

Purchasing:

Ginger can be purchased raw as the root, preserved in a jar, or as a ground spice. It is also available crystallized, candied, and pickled. Choose fresh ginger root that is firm without cracks or wilting. It should smell spicy and sweet. Before using, peel the skin and slice or mince the flesh.

Storing:

Gingerroot should be stored in the refrigerator. Once cut, wrap tightly in plastic wrap or place in a zip lock bag and return to the fridge. It can last up to 2-3 weeks. Preserved ginger in a jar should be stored in the refrigerator until the used by date. The ground variety should be placed in a sealed container in the pantry.

Nutritional Content:

Ginger and other spices aren't a significant source of nutrients because we rarely eat enough of them to make a serving. Ginger contains no fat or cholesterol and hardly any sodium. Some people find ginger very effective in reducing nausea, motion sickness and stomach upsets.

Ginger adds a great flavor to poultry, baked goods, salad dressing and sauces.



Sources:

<http://www.eatright.org>

<http://nutritiondata.self.com>

<http://www.bing.com/images>

<http://www.fruitsandveggiesmatter.gov/month/rhizomes.html>

Note: nutritional information may vary based on variety, ripeness and serving size.

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Lettuce

Nutritional Information



General Information:

Lettuce is a very popular vegetable and is available year-round. It actually started out as a weed but has been served as part of meals for over 4,500 years. There are four main types of lettuce: Butterhead, Crisphead, Looseleaf, and Romaine or Cos. Within each type, there are numerous varieties. Most are green in color, but some varieties are purple.

Purchasing:

Choose lettuce that has crisp leaves with no signs of wilting, slime or dark spots. Lettuce should be purchased from the cold section of the produce department.

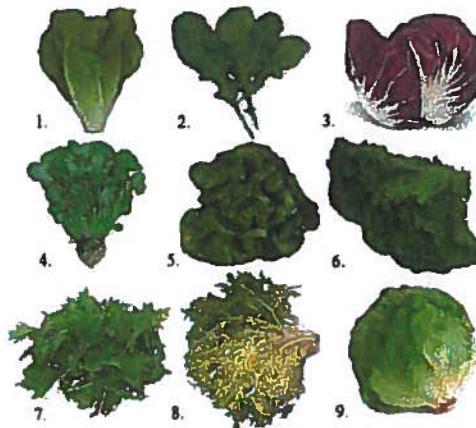
Storing:

Lettuce is best stored in a plastic bag or sealed plastic container in the vegetable bin of your refrigerator. It can last anywhere from four days to two weeks, depending on the variety and the age at purchase.

Nutritional Content:

Lettuce contains no saturated fat or cholesterol and almost no sodium. The most nutritious part of lettuce is the outer dark green leaves. Leaf lettuce is a great source of Vitamins A and K. Some lettuce varieties also contain small amounts of iron.

Lettuce is mostly eaten raw but can be cooked quickly by braising, steaming or sautéing.



Sources:

<http://www.eatright.org>

<http://nutritiondata.self.com>

<http://www.bing.com/images>

<http://www.fruitsandveggiesmatter.gov/month/lettuce.html>

Note: nutritional information may vary based on variety, ripeness and serving size.

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Pumpkin

Nutritional Information



General Information:

Pumpkin is a member of the gourd family. Its orange flesh has a mild, sweet flavor that can be cooked and eaten like a winter squash. It can also be baked, broiled, steamed, boiled or used to make soup, pancakes, and pie for special occasions. The seeds can also be eaten, and they make a great snack! Pumpkins grow on a vine and are even grown here in Hawaii.

Purchasing:

When buying a pumpkin, look for one that doesn't have blemishes on the skin. Smaller pumpkins are often more tender and juicy.

Storage:

Store pumpkin in an open plastic bag in the vegetable bin of your refrigerator. It will last around two weeks. Once cut, ensure that it is covered in plastic wrap to keep it fresh.

Nutritional Content:

Pumpkin flesh contains no saturated fat, cholesterol, and almost no sodium. It is an excellent source of Vitamin A and a good source of Vitamin C and potassium.

Pumpkin seeds contain no cholesterol and are very low in sodium and saturated fat. They are an excellent source of fiber and zinc and a good source of protein and magnesium. Omega 3 and Omega 6 fatty acids can also be found in pumpkin seeds.

*Pumpkin is a very versatile vegetable that can be added to many dishes.
It can be purchased locally and can make a great addition to your vegetable intake.
Try baking it and adding to salads.*



Sources:

<http://www.eatright.org>

<http://nutritiondata.self.com>

<http://www.bing.com/images>

<http://www.fruitsandveggiesmatter.gov/month/pumpkin.html>

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Sweet Potatoes

Nutritional Information



General Information:

Sweet potatoes are a root vegetable, commonly eaten in Hawaii. They come in orange, purple (Okinawan sweet potato) and yellow varieties. The Okinawan potato has a thin, light tan to whitish skin with purple flesh. It was introduced to Hawaii from Japan and China. It is commonly grown in the Hawaiian Islands, particularly on the Big Island. There is also another type of purple sweet potato grown on Molokai that has a reddish skin.

The orange sweet potato is often referred to as a 'Yam'. This is technically incorrect as a yam is a large starchy root vegetable that can grow up to seven feet in length and weigh up to 100 pounds. True yams are rarely available in the US, except occasionally in specialty stores. Orange sweet potatoes have deep orange flesh and a darker brown skin.

All sweet potatoes have a sweet, starchy flavor with each colored variety tasting different. They are richer in flavor than a regular potato and add vibrant color to dishes.

Purchasing:

Choose sweet potatoes that are firm with a smooth skin, free from wrinkles, brown spots, and sprouts. They should be small to medium in size without any signs of decay.

Storing:

Store sweet potatoes in a well ventilated, cool, dry place. If stored in the refrigerator, they can sometimes form a hard core which may give them an off taste. At room temperature, they will last about a week. If stored in a cooler place (55-60°F) they can last up to one month. Wash them just before using to avoid early spoilage.

Nutritional Content:

Sweet potatoes contain no cholesterol and almost no saturated fat and sodium. They are a good source of fiber, and they are high in potassium, Vitamin C, and antioxidants. The orange variety is also high in Vitamin A.

*Sweet potatoes are great baked, broiled, steamed, or boiled.
They can be mashed, made in to fries or used in stews, breads and desserts.*



Sources:

<http://www.eatright.org>

<http://www.asiancemagazine.com/content/ingredient-holidays-okinawan-purple-sweet-potatoes>

<http://www.bing.com/images>

http://www.fruitsandveggiesmatter.gov/month/dried_fruit.html

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