

Wheat Germ Zucchini Bread

Preheat oven to 350° F
1 1/2 cups sugar
2 cups all purpose flour
1 cup wheat germ
1 tsp baking soda
1/2 tsp baking powder
1/2 cup chopped nuts
1 cup applesauce
2 Tbsp canola oil
3 large eggs
2 cups grated zucchini
2 tsp vanilla

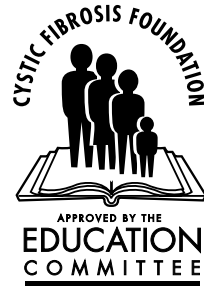
Combine sugar, flour, wheat germ, baking soda, baking powder and nuts in a medium bowl and set aside. In a large bowl, combine the applesauce, oil, eggs, zucchini and vanilla. Add dry ingredients and stir until just blended.

Grease and flour two 8-by-4 inch bread pans. Divide the batter between the two. Bake at 350 degrees for 45 minutes to 1 hour.

Makes 2 loaves of 12 slices each.
1 serving = 1 slice

Nutrient Content

| | |
|----------------|--------|
| Calories..... | 148 |
| Protein..... | 4 g |
| Vitamin C..... | 2 mg |
| Vitamin A..... | 16 RE |
| Beta Carotene. | 16 ug |
| Vitamin E..... | 1.3 mg |
| Calcium..... | 16 mg |
| Sodium..... | 73 mg |
| Potassium..... | 110 mg |



Developed by:
Justine Spisak, BS
Nutrition Student

Edited by:
Suzanne Michel, MPH, RD, LDN*
Nutritionist, Adult CF Center

Donna H. Mueller, PhD, RD, FADA, LDN
Associate Professor, Department of Bioscience & Biotechnology

Formatted by:
Elizabeth McFarlane
Administrative CF Coordinator, Adult CF Center

Drexel University and Drexel University College of Medicine
Philadelphia, PA

*CF Center
The Children's Hospital of Philadelphia
Philadelphia, PA

Cover Art by:
Maureen Cech, BA
Digital Arts and Multimedia Design Student
LaSalle University

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Suzanne Michel, MPH, RD, LDN

Michelsu@email.CHOP.edu



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Color Your Calories

Adding Antioxidants
to Your High-Calorie
CF Diet

Color Your Calories!

Are you trying to eat a healthy high calorie diet? If so, this pamphlet is full of ideas to help you include more fruits and vegetables as part of your meals and snacks.

Plant foods, such as fruits and vegetables, contain compounds called phytochemicals, which play a role in keeping your body healthy. Well known phytochemicals are the antioxidants, such as beta-carotene. Scientists are studying how phytochemicals help fight illness. Because there are thousands of these compounds, it is impossible for anyone to get all the helpful phytochemicals in a pill. Instead, the best way to get phytochemicals is to eat a variety of fruits and vegetables every day. The United States Department of Agriculture Dietary Guidelines recommend 2 cups of fruits and 2 1/2 cups of vegetables daily for older children, teens and adults. Have fun using this pamphlet to color your calories.



Colorful Tips

- Buy ready-to-eat green salads and baby carrots.
- Keep a bag of shredded carrots in the refrigerator. Add them to meatballs, meatloaf, and spaghetti sauce.
- Add chopped vegetables to lasagna or pizza.
- Double the size of your serving of vegetables at dinner.
- Add sliced tomato, avocado, or other veggies to your sandwich.
- Have a glass of purple grape juice.
- Use your blender to make fruit smoothies.
- Keep a bowl of fruit on the kitchen counter so you will think to eat it.
- Have fruit pie for dessert.
- Try a fruit or vegetable you've never tasted

Sweet Potato Muffins

- Preheat oven to 400° F
- One 29 oz can sweet potatoes, drained and mashed
- Two 7.5 oz packages corn muffin mix
- 3/4 cup whole milk
- 2 large eggs
- 2 Tbsp sugar
- 1 Tbsp vanilla extract
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg

Mix sweet potatoes, sugar, eggs, vanilla and spices. Add corn muffin mix and milk. Stir until smooth. Grease muffin tins. Bake at 400 degrees for 20-25 minutes.

Makes 12 muffins.
1 serving = 1 muffin

Nutrient Content

| | |
|----------------|---------|
| Calories..... | 255 |
| Protein..... | 5 g |
| Vitamin C..... | 8 mg |
| Vitamin A..... | 514 RE |
| Beta Carotene. | 393 ug |
| Lycopene..... | 0.05 ug |
| Vitamin E..... | 0.9 mg |
| Calcium..... | 56 mg |
| Sodium..... | 436 mg |
| Potassium..... | 208 mg |



Carrot Raisin Salad

- 2 cups raisins
- 1.5 cup grated carrots
- 2 apples with skin, cored and cut into pieces
- Two 8 oz cans crushed pineapple, drained
- 1 Tbsp lemon juice
- 1/2 cup mayonnaise

Combine all ingredients. Serves 9.

1 serving = 1 cup

Nutrient Content

| | |
|----------------|---------|
| Calories..... | 246 |
| Protein..... | 1.2 g |
| Vitamin C..... | 9 mg |
| Vitamin A..... | 518 RE |
| Beta Carotene | 1067 ug |
| Lycopene..... | 0.37 ug |
| Vitamin E..... | 0.8 mg |
| Calcium..... | 24 mg |
| Sodium..... | 96 mg |
| Potassium..... | 335 mg |



Colorful Recipes

Smoothie

- 1 cup 100% fruit juice
- 1/2 cup vanilla yogurt
- 1/2 cup strawberries
- 1 small ripe banana

Blend ingredients. Serves 2.

1 serving = 1 cup

Nutrient Content

| | |
|----------------|--------|
| Calories..... | 157 |
| Protein..... | 4 g |
| Vitamin C..... | 89 mg |
| Vitamin A..... | 49 RE |
| Beta Carotene. | 62 ug |
| Vitamin E..... | 0.5 mg |
| Calcium..... | 97 mg |
| Sodium..... | 30 mg |
| Potassium..... | 609 mg |



Instant Breakfast Shake

- 1 cup whole milk
- 1 envelope strawberry Instant Breakfast
- 1/2 cup strawberries
- 1/2 ripe banana

Blend ingredients. Serves 2.

1 serving = 1 cup

Nutrient Content

| | |
|----------------|--------|
| Calories..... | 176 |
| Protein..... | 7 g |
| Vitamin C..... | 37 mg |
| Vitamin A..... | 291 RE |
| Beta Carotene. | 16 ug |
| Vitamin E..... | 2.7 mg |
| Calcium..... | 270 mg |
| Sodium..... | 129 mg |
| Potassium..... | 460 mg |



Try These

There are so many choices. Check out this list of colorful options.

Dark Green Leafy

- Bok Choi
- Broccoli
- Greens (Collard, Turnip & Mustard)
- Endive
- Kale
- Romaine Lettuce
- Spinach



Red & Purple

- Red and Black Grapes
- Red Peppers
- Raisins
- Red Cabbage
- Red Onions
- Tomatoes
- Watermelon



Orange & Deep Yellow

- Acorn Squash
- Apricots
- Butternut Squash
- Cantaloupe
- Carrots
- Mango
- Pumpkin
- Sweet Potatoes
- Peaches



Green & White

- Apples
- Asparagus
- Avocados
- Bananas
- Bean Sprouts
- Cabbage
- Cauliflower
- Celery
- Corn
- Cucumbers
- Green Beans
- Green Grapes
- Green Peppers
- Mushrooms
- Onions



Citrus & Berries

- Blueberries
- Cranberries
- Grapefruit
- Kiwi
- Oranges
- Raspberries
- Strawberries
- Tangerines





Color



With



Fruit



| | Breakfast, Lunch, & Dinner | Snacks & Desserts | Beverages |
|-----------------------|---|---|--|
| Quick Tips... | <p>Sprinkle raisins or dried berries on hot cereal.</p> <p>Eat cold cereal with sliced fresh fruit</p> <p>Eat a blueberry muffin</p> <p>Add dried or fresh fruit to salads.</p> | <p>Eat peanut butter with apples or bananas. Top them with raisins or dried cranberries.</p> <p>Add fruits to ice cream and yogurt.</p> <p>Order fruit pie instead of cake.</p> | <p>Squeeze sliced lime or lemon into lemonade or ice tea.</p> <p>Add whole fruit to beverages.</p> <p>Try strawberries in strawberry milk, or raspberries or strawberries in lemonade.</p> <p>Order fruit juice instead of soda.</p> |
| Got a few minutes... | <p>Top pancakes or waffles with fresh fruit in addition to syrup and butter.</p> <p>Add fresh fruit to yogurt.</p> | <p>Make ice cream sundaes with fresh fruit in addition to the chocolate sauce and sprinkles.</p> <p>Make a fruit cup of mangos and grapes.</p> | <p>Blend strawberries into a puree. Add to lemonade for homemade strawberry lemonade.</p> <p>Make a fruit smoothie (See recipe.)</p> |
| Now you're cooking... | <p>Have a slice of mango-pineapple salsa with pork chops in addition to the gravy.</p> <p>Serve cranberry, orange relish with poultry.</p> | <p>Bake a cranberry-apple crisp.</p> <p>Try a kiwi, plum or strawberry tart.</p> <p>Make your own trail mix with raisins, dried cranberries, nuts, and chocolate chips.</p> | <p>Blend fruit with milk and instant breakfast. (See recipe.)</p> <p>Make hot cranberry cider, add orange slices.</p> |



Color



With



Veggies



| | Lunch | Dinner | Snacks |
|-----------------------|---|---|---|
| Quick Tips... | <p>Order sweet potato fries instead of regular French fries.</p> <p>Add roasted red pepper slices to sandwiches. Find them jarred, frozen, or even roast your own.</p> <p>Order a side salad.</p> | <p>Top pizza with vegetables such as mushrooms, red and green peppers, and broccoli.</p> <p>Drizzle melted cheese on broccoli.</p> | <p>Enjoy salsa with corn chips.</p> <p>Serve raw vegetables with dip.</p> <p>Drink vegetable juice.</p> <p>Scoop peanut butter with carrots or celery.</p> |
| Got a few minutes... | <p>Try creamy soups with color: cream of carrot, butternut squash, or even pumpkin. Several brands are available in the grocery store.</p> | <p>Add garlic to vegetables; make garlic mashed potatoes.</p> <p>Bake sweet potatoes with olive oil, salt, and pepper.</p> <p>Crown baked potatoes with cooked vegetables and cheese.</p> | <p>Try spinach artichoke dip (it comes frozen) or guacamole dip.</p> <p>Have a slice of vegetable pizza.</p> |
| Now you're cooking... | <p>Grill or sauté eggplant slices and add them to sandwiches.</p> <p>Use avocado slices on sandwiches or add chopped avocado, black beans, chopped red peppers and onions to regular macaroni and cheese for a healthier high-calorie tex mex dish.</p> | <p>Add cooked green beans, zucchini, asparagus, broccoli, or sautéed green leafy vegetables to cheesy quiches and casseroles.</p> <p>Use sundried tomatoes in creamy alfredo dishes.</p> | <p>Try carrot salad with raisins, apple, and pineapple (See recipe.)</p> <p>Eat a slice of carrot cake or zucchini bread. (See recipe.)</p> <p>Make a cheese & vegetable omelet. Try tomatoes, spinach, onions, or peppers.</p> |