



# Being Healthy

## **Introduction to health and nutrition**

**Vol. 1**

**Colors of health: Orange**



# Being Healthy



Health is the prize of a healthy lifestyle. Having a healthy lifestyle is not hard or impossible. All you need to do is to choose the right things over the wrong ones by gaining knowledge. To have a healthy lifestyle, these must be on your “to do” list:

- Healthy diet
- Physical exercise
- Spiritual exercise

This is my newsletter and I am going to publish it with the aim of sharing my knowledge with people who are eager to change or improve their lifestyle. Make sure to download every volume and give your feedback and brilliant ideas.

## Healthy diet

What make a diet healthy?

In this modern world we read often about new discoveries in magazines, TV shows and news, regarding researches resulting in a healthier lifestyle. A healthy diet is essential for your well-being, protecting you against many risk factors that can cause serious damages to your physical and mental health over time. There are many diets out there and till now the Mediterranean diet kept its top place in the list (figure 1).



Figure 1

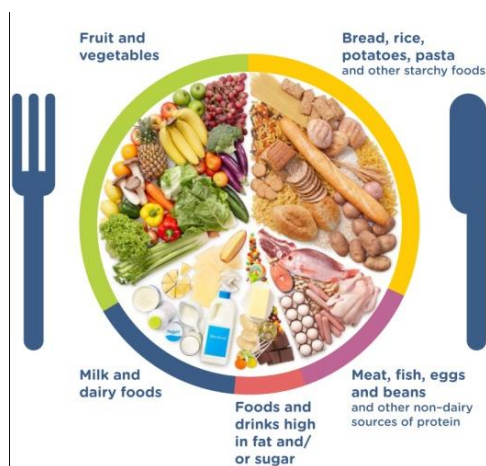


Figure2

**IMPORTANT:** A good diet is beneficial in preventing health issues. However if you have a health issue it is strongly advised to consult with health care professionals

I can't deny the amazing benefits of Mediterranean diet as I am an avid fan of it myself. However, to start a healthy diet you can make changes into your diet slowly and steady to reach to your own healthy diet.

We all are accustomed with the healthy diet plate and as you see in figure 2, vegetables and fruits play an important role in this plate.

In my first newsletter, I am going to share introductory information about fruits and vegetable and their amazing benefits. I divided fruits and vegetables into groups based on their color. In this volume 1 am focusing on “orange color”.

Orange vegetables and fruits contain beta-carotene, a form of vitamin A.

Carotenoids are the powerful phytochemicals that are the reason behind orange color in these fruits and vegetables. Beta-carotene is either converted into vitamin A or acts as a powerful antioxidant to help fight free radicals that attack cells in your body. Most of these fruits and vegetables have a sweet flavor, making them an ideal choice to satisfy your sweet-cravings. Let's check some of them.

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## Sweet potatoes

They are a source of beta-carotene, vitamin B6, vitamin D, magnesium, copper, potassium and iron. They have anti-oxidant, anti-inflammatory, anti-bacterial and anti-fungal properties. They regulate blood sugar, promote health of digestive tract and aid in the health of skin by maintaining collagen.



## Spicy sweet potato chips recipe

### Ingredients:

Sweet potatoes

1 ½ tablespoon olive oil

¼ teaspoon chili pepper

Salt

Peel sweet potatoes and slice them into very thin slices. Add olive oil, chili pepper and salt to slices and mix them very well. Spread the slices over the oven tray and bake them about 10 minutes on each side. Enjoy this healthy snack! (You can add other powdered herbs based on your preference)

## Squash and pumpkin

Pumpkin is a great source of beta-carotene, vitamin B-complex, copper, calcium, potassium, phosphorus and mono-unsaturated fatty acids. It is a good source of fiber. Pumpkin seeds contain iron, niacin, selenium and zinc. Based on researches it can fight cancer especially lung cancer, aids in fighting against type-2 diabetes and in better function of kidneys. With its high content of fiber, it promotes the health of digestive system.



## Pumpkin-honey dessert Ingredients:

Pumpkin

½ glass of water

Honey (as needed)

Cut pumpkins and cook them in a pan with water. When they are cooked well, add syrup of honey over it to add to its flavor. You can serve it hot in cold nights. Bon appetite!



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## Carrots

Carrot is a source of beta-carotene, vitamin K, vitamin B6, magnesium, potassium, copper and iron. Carrots are ideal to improve eyesight, boosting immune system, reducing risk of cancer and heart disease, regulating blood sugar and obviously with their fiber content aiding in the health of digestive system.



## Carrot juice-ice cream

### Ingredients:

Carrots

Vanilla ice-cream

Easily fill your glass with carrot juice and add vanilla ice-cream to it. This juice is a great healthy choice for hot seasons. Enjoy it!

## Mangos

Mangos contain beta-carotene, vitamin C, vitamin B6, copper, potassium, magnesium and iron. They are ideal for weight gain, health of immune system, reducing risk of cancer and heart disease, regulating blood sugar and cholesterol, giving relief from anemia, reducing kidney issues and obviously with their fiber content aiding in the health of digestive system.



## Strawberry-mango Nice Cream

### Ingredients

1 cup of frozen mango chunks

$\frac{3}{4}$  cup of frozen sliced strawberries

1 tablespoon lime juice

Place mango, strawberries and lime juice in a food processor for 1 to 2 minutes, stop the processor and scrape down the sides, continue processing until smooth, an additional 2-3 minutes, adding up to  $\frac{1}{2}$  water to help to process the fruit if necessary, serve it all fresh.

Source: <http://www.eatingwell.com/recipe/274365/strawberry-mango-nice-cream/>

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## Oranges

Oranges are sources of beta-carotene, vitamin C, vitamin B6, phosphorus, magnesium, manganese, selenium and copper. Oranges are ideal for their anti-viral properties, health of immune system, reducing risk of cancer and heart disease, regulating blood sugar and cholesterol, improving macular degeneration, promoting clear and healthy skin, reducing kidney issues and obviously with their fiber content aiding in the health of digestive system. Thanks to their high vitamin C content, their juice is ideal for cold seasons to prevent cold and flu by boosting your immune system greatly.



## Orange & Manchego Toast

1 slice whole-grain bread, toasted  
1 thin slice Manchego cheese  
1 tablespoon orange marmalade  
1 tablespoon slivered almonds

Top toast with cheese, marmalade and almonds

Source: <http://www.eatingwell.com/recipe/272738/orange-manchego-toast/>

## Apricots

Another source of beta-carotene, vitamin C, vitamin E, copper and iron. Apricots are beneficial for the health of eyes, reduce the risk of cancer and heart disease, help with the health of digestive system, aid in the formation of hemoglobin thus relieving anemia.



The best way to enjoy this amazing fruit all over the year is to dry them and enjoy them in your hot or cold cereals.

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## **Papaya**

**Great source of beta-carotene and vitamin C. it contains potassium, calcium and magnesium. Papaya helps with weight loss, relieves toothache, regulates menstrual cycle, promotes health of skin, reduces acne and burns, and treats macular degeneration, effective against intestinal worms, health of immune system and reducing risk of cancer and heart disease. With its fiber and digestive enzymes, helps with the health of digestive system. Interestingly papaya is known for its ability to prevent nausea related to morning and motion sickness.**



## **Thai Fruit Skewers**

**½ cup reduced-fat or light unsweetened coconut milk**

**1 tablespoon finely shredded lime peel**

**⅛ teaspoon cayenne pepper**

**2 kiwifruits, peeled and quartered**

**4 to 6 1½-inch fresh peeled pineapple pieces**

**4 to 6 1½-inch fresh peeled papaya pieces**

**4 to 6 1½-inch fresh peeled mango pieces**

**¼ cup snipped fresh mint**

**¼ cup shredded coconut, toasted**

**In a medium bowl combine coconut milk, lime peel, and cayenne pepper. Add kiwi fruits, pineapple, papaya, and mango pieces. Toss to coat. Cover and chill for 1 to 4 hours, stirring occasionally.**

**Drain fruit, discarding coconut milk mixture. Thread fruit pieces alternately on eight 6-inch skewers. Sprinkle fruit with mint and coconut.**

**Source: <http://www.eatingwell.com/recipe/264969/thai-fruit-skewers/>**



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## Persimmon

A good source of beta-carotene and vitamin C. It contains iron, potassium, and phosphorus. Persimmon reduces risk of cancer, boosts immune system, reduces oxidative stress, improves blood circulation, promotes health of eyes, beneficial in lowering cholesterol and thanks to its fiber content, aids in digestion.



## Persimmon bread

2 large eggs, room temperature  
1 cup granulated sugar  
1 tablespoon real vanilla extract  
3 cups fuyu persimmon pureed (a little over 1 1/2 lbs)  
10 tablespoon unsalted butter, melted  
2 teaspoon baking soda, sifted to make there aren't lumps  
1/4 teaspoon (generous pinch) of salt  
2 teaspoon cinnamon  
3 cups all-purpose flour  
1 1/2 cups walnut pieces, toasted  
1 cup raisins

Remove tops of persimmon with a butter knife. Cut into quarters and puree.

In a large mixing bowl, whisk together 2 eggs, 1 cup sugar and 1 Tbsp vanilla. Mix in 3 cups persimmon puree and the melted butter.

Add 2 tsp of sifted baking soda, 1/4 tsp salt and 2 tsp cinnamon and whisk to combine. Whisk in 3 cups flour until blended.

Fold in 1 1/2 cups walnuts and 1 cup raisins until evenly dispersed and divide the batter between buttered loaf pans. Bake for 45 – 50 min or until a wooden toothpick inserted into the center comes out clean. Cool in pans 10 min then turn out onto wire rack to cool to room temp.

Source:<https://natashaskitchen.com/persimmon-bread-recipe/>

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## Cantaloupe

When it comes to beta-carotene, cantaloupe beats many of orange-color fruits and vegetable. It is a source of vitamin C, vitamin B-complex, manganese and potassium. This fruit lowers the risk of metabolic syndrome, has anti-inflammatory properties, promotes lung and skin health, reduces cardiovascular issues, prevents stress, strengthens immune system, aids with menstruation issues. Thanks to its high fiber and water content lowers constipation and helps with digestion.



## Cantaloupe-Lime Granita

2 c cubed cantaloupe (about ½ melon)

¼ c sugar

2 tablespoon freshly squeezed lime juice (from 1 lime)

1 teaspoon freshly grated lime zest

Combine cantaloupe, sugar, lime juice, and lime zest in blender and puree until smooth.

Pour into 8" x 8" baking dish and put in freezer. Stir and scrape mixture with a fork every hour until granita is frozen but still grainy, about 3 hours.

Source: <https://www.prevention.com/food-nutrition/recipes/a20452967/healthy-and-fast-cantaloupe-recipes/>