

# NUTRITION NEWS

## Coloring A Picture Of Health

(NAPSA)—Colorful dishes and foods may be more than just eye candy. New research suggests they can help a person avoid a variety of health conditions—including heart disease and premature aging—and enjoy a more fruitful life.

Nutritionists say the best cancer fighting foods are generally colorful vegetables and fruits that contain phytochemicals and fibers.

As evidence, they cite the Mediterranean diet. The incidence of cancer rates in Mediterranean cultures (cultures that generally eat large amounts of fruits, vegetables, olives and olive oil) is significantly lower than U.S. rates.

In fact, a recent study concluded up to 25 percent of colorectal cancer, 15 percent of breast cancer and 10 percent of prostate, pancreas and endometrial cancers could be reduced if Americans changed to a traditional Mediterranean diet.

Foods such as California Black Olive can help families do just that. The olives are high in monounsaturated (or “good” fat) and are associated with many of the health benefits linked to Mediterranean foods.

To give your next meal a healthy dose of flavor and color, try this recipe:

### Technicolor Vegetable Sauté

- 2 teaspoons olive oil
- 1 cup baby carrots (2” pieces), scrubbed
- 1½ cup pattypan squash, ends removed, cut into wedges
- 1½ cup green beans, cut to 2½” and blanched



**Colorful fruits and vegetables have been linked to lower cancer rates.**

- 
- 1 cup California ripe olives, whole
  - 1½ teaspoons thyme, chopped
  - 1 teaspoon garlic, minced
  - ½ teaspoon salt
  - 1 teaspoon unsalted butter
  - ¾ cups red beets, steamed, peeled and 1” diced

### Directions

Heat oil in a large sauté pan over medium heat. Add carrots and cook for 4-5 minutes, stirring occasionally until lightly browned. Add squash and continue to cook for 3-4 minutes, until tender. Stir in green beans, olives, thyme, garlic and salt and cook for 2-3 minutes until heated through.

Toss with butter and sprinkle with beets. Serves 4.

### Nutritional Analysis Per Serving:

Calories 374, Fat 8.7 g, Cholesterol 3mg, Sodium 635mg, carbohydrate 58.5g, Protein 15.8g, calories from fat 20.6 percent.

For more information and recipes, visit [www.CalOlive.org](http://www.CalOlive.org).