

# Food and Fitness

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## Cooking Vegetables to Retain Nutritional Value

Did you know over cooking vegetables can reduce the amount of vitamins and minerals? It would be really nice to say that one size fits all when it come to our vegetables. The fact is that all vegetables contain different amounts and types of vitamins and minerals. Also, it depends on how long the vegetables grow before harvesting, the period from being harvested to eaten, and how the vegetables are cooked can affect the amount of vitamins in them.

Vegetables can be grouped into different categories. The most common categories for vegetables are non-starchy, starchy, and leafy greens. The vegetables are placed into these groups based off of the nutrients they provide. Even though they are in these groups, the best cooking methods to retain nutrients for each vegetable can differ.

Now to understand the four most common methods for cooking vegetables and the best method for each.

**Boiling:** In a large pot with water, bring water to boil, and add the vegetables. While the water is still rapidly boiling, add the vegetables for the desired cooking time. Examples of vegetables that are best boiled are spinach, beet green, Swiss chard, and potatoes.



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## Cooking Vegetables to Retain Nutritional Value

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**Steaming:** Steaming vegetables is one of the best methods to retain many nutrients. Steaming requires filling a pot with about 2 inches of water. Once the water is at a rapid boil, add a steamer basket with the vegetables. The vegetables should sit in the steamer basket and not be touching the water. Place a lid on the pot and cook for the desired cooking time. Examples: green beans, broccoli, Brussel sprouts, collard greens, kale, turnip greens, beets, carrots, sweet potatoes, and winter squash.



**Sautéing:** To sauté vegetables, place about 1/3 cup of water or broth in the bottom of a skillet. Once the water gets hot and starts to boil, add the vegetables and cover. Cook for the recommended time. Examples: asparagus, bell peppers, green peas, onions, summer squash, tomatoes, cabbage, and mustard greens.



**Roasting (baking):** The terms roasting and baking can be used interchangeably. Unfortunately, roasting vegetables is one of the worst ways to retain nutrients. In fact, it can be the hardest on our nutrients. The high cooking temperatures easily destroys the vitamins and minerals for many vegetables. For some vegetables, roasting can work but not for all of them. When you roast vegetables, do not add oil. Instead, try to add herbs and spices. Examples: eggplant, tomatoes, and fennel.



**Raw:** Raw is definitely not a cooking method but is one that should not be left out. Not all vegetables require cooking. Some vegetables are better off eaten raw for their vitamins and minerals. Examples: bell peppers, broccoli, green peas, onions, cabbage, beets, and carrots.



Many people in the United States are not eating enough vegetables. To make it worse, often when cooking vegetables many of the vitamins and minerals are getting destroyed. Cooking vegetables takes knowledge and practice. Understanding the best methods to cook each specific vegetable and its desired cooking time is a great start. Since you are eating them, you might as well want to get all their important nutrients.



# HOW TO COOK VEGGIES TO RETAIN NUTRIENTS

## NON-STARCHY VEGETABLES (except cruciferous)

VEGGIE	RAW	STEAM	SAUTÉ	BAKE
ARTICHOKE		30 MIN		
ASPARAGUS			5 MIN	
BELL PEPPERS	✓		7 MIN	
EGGPLANT				15-25 MIN
FENNEL		✓	✓	✓
GREEN BEANS		7 MIN		
GREEN PEAS	✓		3 MIN	
LEEKs			7 MIN	
MUSHROOMS			2-5 MIN	
ONIONS	✓		7 MIN	
SUMMER SQUASH			3 MIN	
TOMATOES			✓	✓

## CRUCIFEROUS VEGGIES & LEAFY GREENS

VEGGIE	RAW	STEAM	SAUTÉ	BOIL
BEEt GREENS				1 MIN
BOK CHOY			3 MIN	
BROCCOLI	✓	4-6 MIN		
BRUSSELS SPROUTS		5-6 MIN		
CABBAGE/ CAULIFLOWER	✓		5 MIN	
COLLARD GREENS		5 MIN		
KALE		5 MIN		
MUSTARD GREENS			5 MIN	
SPINACH				1 MIN
SWISS CHARD				3-5 MIN
TURNIP GREENS		5 MIN		

## STARCHY VEGETABLES

VEGGIE	RAW	STEAM	SAUTÉ	BOIL
BEETS	✓	15 MIN		
CARROTS	✓	5 MIN		
POTATOES				✓
GREEN PEAS	✓		3 MIN	
SWEET POTATAO		7 MIN		
WINTER SQUASHES		7 MIN		

## Fruit—Cantaloupe

The name cantaloupe comes from European origins. Cantaloupes are a type of muskmelon. The muskmelon family include melons like cantaloupe, honeydew, and casaba melon; cantaloupe being the most popular one.

Most of the cantaloupes grown in the United States come from California, Arizona, or Texas. A cantaloupe grows on a vine. The plant grows yellow flowers that become pollinated. Once the flower becomes pollinated, the cantaloupe starts to grow behind the flower that will soon die. Once the cantaloupe is picked, it does not continue to ripen unlike other fruits. People often think that the cantaloupe will ripen on the counter and increase its sweetness but that is not true. The cantaloupe can become softer and juicier but not sweeter.

A cantaloupe is large and round with a rough exterior. The outside is often said to resemble a spider web like appearance. Inside is orange with the seeds all contained in the center. The orange interior flesh has a very sweet flavor.

When purchasing a cantaloupe, you want to use your nose and try to find the sweetest smelling one. The best time of year to purchase a cantaloupe, in the United States, is between July and September.

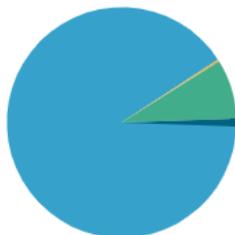
As for nutrition, a cantaloupe contains a number of vitamins and minerals. Cantaloupe is considered to be rich in vitamin C and vitamin A. It also contains potassium, copper, folate, and B vitamins.



### Minerals

		%DV
--	= missing data	
Weight	177g	
Calcium	15.9mg	1%
Iron, Fe	0.4mg	2%
Potassium, K	472.6mg	10%
Magnesium	21.2mg	5%
Phosphorus, P	26.6mg	2%
Sodium	28.3mg	1%
Zinc, Zn	0.3mg	3%
Copper, Cu	0.1mg	8%
Manganese	0.1mg	3%
Selenium, Se	0.7mcg	1%
Fluoride, F	1.8mcg	0%
Molybdenum	--mcg	
Iodine, I	--mcg	
Chlorine	--mg	
Chromium	--mcg	

WHAT IS THIS FOOD MADE OF?



90.75%	Water
0.85%	Protein
8.21%	Carbs
0.19%	Fat
0%	Alcohol

WHERE DO THE CALORIES COME FROM?



8%	Protein
87%	Carbs
5%	Fat
0%	Alcohol

# Nutrition Facts



## Cantaloupe Melons

Melons Cantaloupe Raw

Serving Size:

1 x 1 cup, balls ( 177g)

### Nutrition Facts

Serving Size

1 cup, balls (177g)

**Calories 60**

% Daily Value \*

Total Fat 0.3g	0%
Saturated Fat 0.1g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 28.3mg	1%
Total Carbohydrate 14.4g	5%
Dietary Fiber 1.6g	6%
Total Sugars 13.9g	28%
Includes --g Added Sugars	--%
Protein 1.5g	3%
Vitamin C 65mg	72%
Vitamin D 0mcg	0%
Iron 0.4mg	2%
Calcium 15.9mg	1%
Potassium 472.6mg	10%
Phosphorus 26.6mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

-- = missing data

Source

### ✓ Vitamins

		%DV
-- = missing data		
Weight	177g	
Vitamin A, RAE	299.1mcg	33%
Vitamin C	65mg	72%
Thiamin (B1)	0.1mg	6%
Riboflavin (B2)	0mg	3%
Niacin (B3)	1.3mg	8%
Vitamin B5 (PA)	0.2mg	4%
Vitamin B6	0.1mg	7%
Biotin	--mcg	
Folate (B9)	37.2mcg	9%
Folic acid	0mcg	0%
Food Folate	37.2mcg	9%
Folate DFE	37.2mcg	9%
Choline	13.5mg	2%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	3575.4mcg	33%
Carotene, alpha	28.3mcg	0%
Cryptoxanthin, beta	1.8mcg	0%
Vitamin A, IU	5986.IIU	
Lycopene	0mcg	
Lut + Zeaxanthin	46mcg	
Vitamin E	0.1mg	1%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	4.4mcg	4%

## Recipe–Refreshing Melon Salad

### Ingredients

- 1/4 honeydew melon, cubed
- 1/4 cantaloupe melon, cubed
- 1 cup watermelon, cubed
- 1 medium lime, juiced
- 1/4 teaspoon grated lime zest
- 1 sprig fresh mint, or to taste



### Directions

1. Combine honeydew, cantaloupe, and watermelon in a bowl.
2. Drizzle with lime juice and zest; toss to coat.
3. Garnish with fresh mint.
4. Refrigerate leftovers.

Recipe received from; [Refreshing Melon Salad \(allrecipes.com\)](http://allrecipes.com)

# Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!

## Number Search

2	4	9	1	6	6	9	4	6	6	0	7	5	3	8	0	7
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231481

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77835

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5011492

81551

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5137035

841709139

35557607

5162624387

854132358

429005111

60183

91850504

4543773687

628743

97070

# July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 National Postal Worker Day
2 I Forgot Day	3 Eat Beans Day	4 Independence Day	5 National Apple Turn-over Day	6 National Fried Chicken Day	7 Chocolate Day	8 National Blueberry Day
9 National Sugar Cookie Day	10 Pick Blueberries Day	11 Make Your Own Sundae Day	12 Pecan Pie Day	13 National French Fries Day	14 National Macaroni and Cheese Day	15 Tapioca Pudding Day
16 Fresh Spinach Day	17 Peach Ice Cream Day	18 National Caviar Day	19 National Raspberry Cake Day	20 National Lollipop Day	21 National Junk Food Day	22 Hammock Day
23 Vanilla Ice Cream Day	24 National Drive-Thru Day	25 National Chili Dog Day	26 Aunt and Uncle Day	27 National Love is Kind Day	28 National Milk Chocolate Day	29 National Lasagna Day
30 National Cheesecake Day	31 National Watermelon Day					



## July Monthly Observances

- National Cell Phone Courtesy Month
- National Blueberry Month
- National Anti-Boredom Month
- National Grilling Month
- National Hot Dog Month
- National Ice Cream Month
- National Park and Recreation Month
- National Picnic Month
- National Watermelon Month

Kathrine J. Clark, MS, RD, LD  
 Nutrition Consultant  
 1 John Marshall Drive  
 Huntington, WV 25575  
 Kathrine.Clark@marshall.edu



**Brain Exercise Answers**

**Number Search**

SOLUTION

2	4	9	1	6	6	9	4	6	6	0	7	5	3	8	0	7
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