

FLAVORS OF KENTUCKY

Eatin' in and eatin' out with Sharon Thompson



A red, white and blue salad for the Fourth of July

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If you're taking a dish to a Fourth of July picnic, make this red, white and blue salad. Here's a list of the colorful ingredients and their health benefits.

Red

Grape tomatoes:

What's good about them? One cup of grape tomatoes contains 57% of your vitamin C and promotes colon and prostate health.

Other nutrients: Vitamin A, vitamin C, vitamin K, fiber, and potassium.

Disease-fighting power: Cancer, heart disease, osteoporosis, diabetes, and hypertension.



Strawberries:

What's good about them? One cup of strawberries contains 136% vitamin C value and are a heart protective fruit, an anti-cancer fruit and anti-inflammatory fruit all rolled into one.

Other nutrients: Vitamin C, riboflavin and folate.

Disease-fighting power: Anti-cancer, anti-inflammatory and supports heart health.

Apples:

What's good about them? One cup of apples contains 15% of the daily value of fiber, 13% vitamin C value and is good for supporting good heart health.

Other nutrients: Vitamin C

Disease-fighting power: Supports good heart health, cancer prevention and lower asthma symptoms.

White

Egg whites:

What's good about them? High protein value. one cup of egg whites contains 26 grams of protein, the egg whites in one large egg contain 4 grams of protein, contains essential minerals including potassium, calcium, iron and zinc, contains no fat, cholesterol and no carbohydrates.

Other nutrients: Riboflavin, B12

Disease-fighting power: Supports heart health.

Jicama:

What's good about it?

One cup (raw) contains 24% of your daily value of Vitamin C, rich in folic acid, boosts the immune system.

Other nutrients: Fiber, potassium, iron, calcium.

Disease-fighting power:

Heart disease, subsiding symptoms of asthma.



Tofu:

What's good about it? Rich in calcium, protein and iron, a good vegetarian substitute of protein, contains omega-3 fatty acids, reduces bad cholesterol in the body, promotes colon health

Other nutrients: B Vitamins, iron

Disease-fighting power: Supports good heart health, cancer prevention.



Blue

Blueberries:

What's good about them?

One cup of blueberries contains 15% of the daily value of Vitamin C, and 14% of daily fiber, contains the most health protecting antioxidants of all of the fresh fruits and vegetables, promotes heart and brain health.

Other nutrients: Vitamins A, C, E, and K potassium, magnesium.

Disease-fighting power: Cancer prevention, Alzheimer's disease.

Source: Tossed, the national salad franchise (www.tossed.com)