

Try Me!

# YELLOW

**BUTTERNUT SQUASH,  
LEMON, PINEAPPLE, SWEET  
CORN, YELLOW PEPPER**

**Yellow fruits and vegetables may aid your ligaments**

## **BUTTERNUT SQUASH**

→ Butternut squash has a sweet, nutty taste similar to pumpkin. It is a favorite addition to many holiday meals.

→ It is chock full of beta-carotene. This is shown to have powerful anti-inflammatory properties that may help reduce the severity of conditions such as asthma and arthritis.

→ Choose squash that are heavy for their size. Try it roasted, toasted, pureed, mashed, or in baked goods.

## **YELLOW PEPPERS**

→ Yellow peppers are high in Vitamin C. They are an antioxidant-rich food that may help prevent a wide range of health issues. Yellow peppers have a sweet, fruity taste.

→ Yellow peppers may be hard to find in local markets and can be expensive.

→ Bell peppers originated in South America where the seeds of a wild variety were believed to date back to 5,000 B.C.

→ The various colors of bell peppers all come from the same plant. They just vary in maturity.

## **PINEAPPLE**

→ Pineapples are second only to bananas as America's favorite tropical fruit.

→ Eating pineapple may be useful in easing joint pain caused by arthritis. It is also an excellent source of energy.

→ If you have a chance to travel to Queensland, Australia, visit the Big Pineapple. It is a heritage-listed, tourist attraction that is a huge pineapple-shaped building!

→ When choosing a fruit, look for pineapples that are heavy for their size. There is no difference between the quality of a large or small pineapple.

→ You may leave it at room temperature one or two days before serving, but watch carefully to make sure it does not spoil.

→ The pineapple has been a universal symbol of hospitality and welcome for many centuries all over the world.

## **NUTRITION INFORMATION**

### **Butternut Squash**

Calories: 63 (1 cup) Fat: 0  
Vitamins A, C, B6, E, Calcium,  
Potassium & Folate

### **Yellow Pepper**

Calories: 50 (1 pepper) Fat: 0  
Vitamins A, B6, C, Potassium,  
Niacin, Copper, Magnesium

### **Pineapple**

Calories: 74 (1 cup) Fat: 0  
Vitamins B6, C, Thiamin,  
Manganese

### **Sweet Corn**

Calories: 132 (1 cup) Fat: 2g  
Vitamins C, Thiamin, Folate,  
Magnesium, Phosphorus

### **Lemon**

Calories: 61 (1 cup) Fat: 1g  
Vitamins C, B6, Iron,  
Potassium

## **SWEET CORN**

→ Sweet corn is a result of a naturally occurring recessive mutation in the genes which control the conversion of sugar to starch inside the endosperm of the corn kernel.

→ This corn is unlike the field corn used as a grain for animals, which is harvested dry. It is picked when it is immature and eaten as a vegetable.

→ Sweet corn stores poorly so it must be eaten fresh, canned, or frozen before the kernels become tough and starchy.

→ Sweet corn is popular in many parts of the world. In Europe, China, Korea, Japan, and India, it is used as a pizza topping and on salads. In Indonesia and Brazil, sweet corn is traditionally ground and mixed with milk.

→ In the United States, we enjoy it boiled, steamed, or grilled whole with butter. It is a summertime tradition to have sweet corn at the dinner table.

→ A medium size ear of corn is typically 6 3/4" - 7 1/2" long.

→ One ear of corn contains roughly 800 kernels in 16 rows.

→ Iowa is the largest producer of corn in the United States. In an average year Iowa produces more corn than most countries, however, only a portion of this is sweet corn.

## **LEMON**

Lemons are one of nature's most versatile fruits. Lemons are added to drinks, add fresh flavor to many dishes and tenderize meat in marinades. They also can be used in many d.i.y. remedies. Here are a few:

→ Provides relief from cold (add it to hot tea or water).

→ May help indigestion.

→ Helps ease the pain of sunburn and bee stings.

→ Gives hair natural shine.

→ May help lessen the pain of rheumatism and arthritis.

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**MEATLESS  
MONDAY**