

# WEEK 5:

## *Optimize Fruit Nutrition*



**Chef Habit:** *Optimize and Automate Your Daily Fruit Consumption*

If you do not eat fruits daily, you want to try to eat at least one serving of fruit per day.

**WHY:** Fruits have hoards of phytonutrients – powerful substances that cannot be packaged as a pill or bottled. These phytochemicals collaborate, often in mysterious ways, to potentially decrease the risk of specific health problems. They defend against cancer, act as an antibacterial and decrease bad cholesterol (LDL) levels.

Like vegetables, they are also a good source of vitamins and minerals. Those sweet delights can also supply a significant amount of fiber to your diet, which will slow digestion and make you feel fuller.

But fruits contain plenty of sugar in contrast to vegetables – albeit in a natural form and in very different concentrations. Consuming one pound of fruits can happen very quickly as fruit tastes delicious and is easy to eat.

The Dietary Guidelines for Americans suggests two cups of fruit each day for a person on a 2,000 calorie diet. This is something you can achieve quite easily. You may eat up to four portions a day if you are at a healthy weight. But, if you want to drop pounds, you should watch the amount of fruits you are eating.

**HOW:** Always have one serving of fruit like apple, berries, etc. as snack. For a lean jumpstart, I recommend an organic grown apple! One medium apple satisfies your immediate sugar craving and ensures that you are not starving by the time you sit down for lunch or dinner.

**Step 1:** Use post-workout, pre-lunch or pre-dinner time as trigger. It depends on your specific situation.

**Step 2:** Develop the routine of eating one portion of fruits as a post-workout, pre-lunch or pre-dinner snack. The rainbow chart of colorful fruits on the next page will give you some ideas for variation.

**Step 3:** The immediate reward could be the satisfaction and good feeling that you replaced an unhealthy snack with fruit. If that doesn't work as a reward, maybe, again, try self-talk. You could just say to yourself, "An apple a day keeps the doctor away." ;)

No need for a special accountability system here unless you don't eat fruits at all.

## Rainbow Chart of colorful fruits

Color	Fruits		Nutrients	Possible Health Benefits
Green	Avocado Green Apples Green Grapes Honeydew	Kiwifruit Limes Green Pears	Chlorophyll Fiber Lutein Calcium Folic acid Vitamin C Calcium Beta-carotene	<ul style="list-style-type: none"> <li>• Reduce cancer risks</li> <li>• Lower blood pressure and LDL cholesterol levels</li> <li>• Normalize digestion time</li> <li>• Support retinal health and vision</li> <li>• Fight harmful free-radicals</li> <li>• Boost immune system activity</li> </ul>
Yellow/ Orange	Apricots Cantaloupe Cape Gooseberries Golden Kiwifruit Grapefruit Lemon Mangoes Nectarines Oranges	Papayas Peaches Persimmons Pineapples Tangerines Yellow Apples Yellow Figs Yellow Pears Yellow Watermelon	Carotenoid Beta-Carotene Flavonoids Lycopene Potassium Vitamin C	<ul style="list-style-type: none"> <li>• Reduce age-related macula degeneration</li> <li>• Lower the risk of prostate cancer</li> <li>• Lower LDL cholesterol and blood pressure</li> <li>• Promote collagen formation and healthy joints</li> <li>• Fight harmful free radicals</li> </ul>
Red	Acai Berries Blood Oranges Cherries Cranberries Guava Papaya Pink Grapefruit	Red Grapefruit Pomegranates Raspberries Red Apples Red Pears Strawberries Watermelon	Lycopene Quercetin Hesperidin	<ul style="list-style-type: none"> <li>• Reduce the risk of prostate cancer</li> <li>• Lower blood pressure</li> <li>• Reduce tumor growth and LDL cholesterol levels</li> <li>• Support joint tissue in Arthritis cases.</li> <li>• Scavenge harmful free-radicals</li> </ul>
Blue/ Purple	Black Currants Blackberries Blueberries Dried plums Elderberries Red Grapes	Plums Pomegranates Prunes Purple Figs Purple Grapes Raisins	Anthocyanin Vitamin C Fiber Flavonoids	<ul style="list-style-type: none"> <li>• Support retinal health</li> <li>• Lower LDL cholesterol</li> <li>• Boost immune system activity</li> <li>• Support healthy digestion</li> <li>• Improve calcium and other mineral absorption</li> <li>• Fight inflammation</li> <li>• Reduce tumor growth</li> <li>• Act as an anticarcinogens in the digestive tract</li> <li>• Limit the activity of cancer cells</li> </ul>
White/ Tan	Bananas Brown Pears Dates Jicama	White Nectarines White Peaches	Anthoxanthin Allicin Beta-glucan EGCG SDG Lignans	<ul style="list-style-type: none"> <li>• Provide powerful immune boosting activity</li> <li>• Activate natural killer B and T cells</li> <li>• Reduce the risk of colon, breast and prostate cancers</li> <li>• Balance hormone levels reducing the risk of hormone-related cancers</li> </ul>