Wheat Germ Zucchini Bread

Preheat oven to 350° F
1 1/2 cups sugar
2 cups all purpose flour
1 cup wheat germ
1 tsp baking soda
1/2 tsp baking powder
1/2 cup chopped nuts
1 cup applesauce
2 Tbsp canola oil
3 large eggs
2 cups grated zucchini
2 tsp vanilla

Combine sugar, flour, wheat germ, baking soda, baking powder and nuts in a medium bowl and set aside. In a large bowl, combine the applesauce, oil, eggs, zucchini and vanilla. Add dry ingredients and stir until just blended.

Grease and flour two 8-by-4 inch bread pans. Divide the batter between the two. Bake at 350 degrees for 45 minutes to 1 hour.

Makes 2 loaves of 12 slices each.
1 serving = 1 slice

Nutrient Content

Calories…… 148
Protein……… 4 g
Vitamin C…… 2 mg
Vitamin A…… 16 RE
Beta Carotene. 16 ug
Vitamin E…… 1.3 mg
Calcium…….. 16 mg
Sodium……... 73 mg
Potassium…… 110 mg

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Color Your Calories
Adding Antioxidants to Your High-Calorie CF Diet
Color Your Calories!

Are you trying to eat a healthy high calorie diet? If so, this pamphlet is full of ideas to help you include more fruits and vegetables as part of your meals and snacks.

Plant foods, such as fruits and vegetables, contain compounds called phytochemicals, which play a role in keeping your body healthy. Well known phytochemicals are the antioxidants, such as beta-carotene. Scientists are studying how phytochemicals help fight illness. Because there are thousands of these compounds, it is impossible for anyone to get all the helpful phytochemicals in a pill. Instead, the best way to get phytochemicals is to eat a variety of fruits and vegetables every day. The United States Department of Agriculture Dietary Guidelines recommend 2 cups of fruits and 2 1/2 cups of vegetables daily for older children, teens and adults. Have fun using this pamphlet to color your calories.

Colorful Tips

Buy ready-to-eat green salads and baby carrots.
Keep a bag of shredded carrots in the refrigerator. Add them to meatballs, meatloaf, and spaghetti sauce.
Add chopped vegetables to lasagna or pizza.
Double the size of your serving of vegetables at dinner.
Add sliced tomato, avocado, or other veggies to your sandwich.
Have a glass of purple grape juice.
Use your blender to make fruit smoothies.
Keep a bowl of fruit on the kitchen counter so you will think to eat it.
Have fruit pie for dessert.
Try a fruit or vegetable you’ve never tasted.

Sweet Potato Muffins

Preheat oven to 400° F
One 29 oz can sweet potatoes, drained and mashed
Two 7.5 oz packages corn muffin mix
3/4 cup whole milk
2 large eggs
2 Tbsp sugar
1 Tbsp vanilla extract
1 tsp ground cinnamon
1 tsp ground nutmeg

Makes 12 muffins.
1 serving = 1 muffin

Nutrient Content

Calories…… 255
Protein……….. 5 g
Vitamin C…… 8 mg
Vitamin A…… 514 RE
Beta Carotene. 393 ug
Lycopene…… 0.05 ug
Vitamin E….. 0.9 mg
Calcium…….. 56 mg
Sodium……... 436 mg
Potassium…… 208 mg

Carrot Raisin Salad

2 cups raisins
1.5 cup grated carrots
2 apples with skin, cored and cut into pieces
Two 8 oz cans crushed pineapple, drained
1 Tbsp lemon juice
1/2 cup mayonnaise

Combine all ingredients. Serves 9.
1 serving = 1 cup

Nutrient Content

Calories…… 246
Protein……….. 1.2 g
Vitamin C…… 9 mg
Vitamin A…… 518 RE
Beta Carotene 1067 ug
Lycopene….. 0.37 ug
Vitamin E….. 0.8 mg
Calcium…….. 24 mg
Sodium……... 96 mg
Potassium…… 335 mg
**Colorful Recipes**

**Smoothie**

- 1 cup 100% fruit juice
- 1/2 cup vanilla yogurt
- 1/2 cup strawberries
- 1 small ripe banana

Blend ingredients. Serves 2.

1 serving = 1 cup

**Instant Breakfast Shake**

- 1 cup whole milk
- 1 envelope strawberry Instant Breakfast
- 1/2 cup strawberries
- 1/2 ripe banana

Blend ingredients. Serves 2.

1 serving = 1 cup

**Nutrient Content**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Smoothie</th>
<th>Instant Breakfast Shake</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>157</td>
<td>176</td>
</tr>
<tr>
<td>Protein</td>
<td>4 g</td>
<td>7 g</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>89 mg</td>
<td>37 mg</td>
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<td>Vitamin A</td>
<td>49 RE</td>
<td>291 RE</td>
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<td>Beta Carotene</td>
<td>62 ug</td>
<td>16 ug</td>
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<tr>
<td>Vitamin E</td>
<td>0.5 mg</td>
<td>2.7 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>97 mg</td>
<td>270 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>30 mg</td>
<td>129 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>609 mg</td>
<td>460 mg</td>
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</table>

**Try These**

There are so many choices. Check out this list of colorful options.

**Dark Green Leafy**

- Bok Choi
- Broccoli
- Greens (Collard, Turnip & Mustard)
- Endive
- Kale
- Romaine Lettuce
- Spinach

**Red & Purple**

- Red and Black Grapes
- Red Peppers
- Raisins
- Red Cabbage
- Red Onions
- Tomatoes
- Watermelon

**Orange & Deep Yellow**

- Acorn Squash
- Apricots
- Butternut Squash
- Cantaloupe
- Carrots
- Mango
- Pumpkin
- Sweet Potatoes
- Peaches

**Green & White**

- Apples
- Asparagus
- Avocados
- Bananas
- Bean Sprouts
- Cabbage
- Cauliflower
- Celery
- Corn
- Cucumbers
- Green Beans
- Green Grapes
- Green Peppers
- Mushrooms
- Onions

**Citrus & Berries**

- Blueberries
- Cranberries
- Grapefruit
- Kiwi
- Oranges
- Raspberries
- Strawberries
- Tangerines
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<th>Veggies</th>
<th>Beverages</th>
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<td><strong>With</strong></td>
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<td>Sprinkle raisins or dried berries on hot cereal. Eat a blueberry muffin. Add fruit or fresh fruit to a salad.</td>
<td>Top pizza with vegetables such as mushrooms, red and green peppers, and broccoli. Add roasted red pepper slices to frozen, or even roast your own.</td>
<td>Serve raw vegetables with dip. Drink vegetable juice. Make your own trail mix with raisins, dried cranberries, nuts, and chocolate chips.</td>
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<td>Eat peanut butter with apples or bananas. Top them with raisins or dried cranberries.</td>
<td>Try a kiwi, plum or strawberry tart. Blend strawberry into a milkshake. Try spinach artichoke dip (it comes frozen) or guacamole.</td>
<td>Use sundried tomatoes in creamy Alfredo dishes.</td>
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<td>Make ice cream sundaes with chocolate sauce and sprinkles. Make a fruit smoothie.</td>
<td>Make a cheese &amp; vegetable omelet. Try tomatoes, spinach, onion, or peppers.</td>
<td>Crown baked potatoes with cooked vegetables and cheese.</td>
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<td>Squeeze sliced lime or lemon into lemonade or iced tea. Order fruit juice instead of soda.</td>
<td>Try a slice of mango-pineapple salsa with pork chops in addition to the gravy. Serve cranberry, orange relish with poultry.</td>
<td>Add garlic to vegetables; make cooked vegetables and cheese.</td>
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<td><em><strong>Add cooked green beans, zucchini, asparagus, broccoli, or sautéed green beans to cheese quiches and casseroles.</strong></em></td>
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<td>Try carrots salad with raisins, apple, and pineapple. Use cooked vegetables to color macaroni and cheese.</td>
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