

Insider Look

Cancer Control

- April is both National Celery and Cancer Control Month.
- Cancer is not caused by one factor, but by multiple factors such as our lifestyle, our genes and our environment.
- Our diets can be either a risk factor for cancer, or a way to prevent it, depending on what we decide to eat on a regular basis.
- Diets high in fruits, vegetables, whole grains and legumes are important for cancer prevention.
- Celery makes a wonderful defense against cancer with its high fiber content and the high levels of vitamins found in the leaves.
- Don't like celery? Try any fruit or vegetable like spinach, broccoli, carrots, cucumbers or cherries.

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Tips

Storing & Preparing Celery

Storing Celery:

- Keep celery heads whole.
- Wrap them up tightly in aluminum foil.
- Keep them in the refrigerator crisper drawer.

Preparing Celery:

To clean celery, cut off the base and leaves, and then wash the leaves and stalks under running water. Cut the stalks into pieces of desired length. Be sure to use the leaves—they contain the most vitamin C, calcium and potassium—but use them within a day or two, as they do not store very well.

Nutrition facts for 1 cup of celery:

Nutrition Facts	
Serving Size (101g)	
Servings Per Container	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 1g	
Vitamin A 10%	Vitamin C 6%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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Celery



Celery, Apple & Fennel Slaw

Yield: 4 servings
Serving size: 1 cup

Ingredients:

- 1 tbsp olive oil
- 1 tbsp cider vinegar
- 1 tsp honey
- ½ tsp freshly ground black pepper
- ¼ tsp kosher salt
- 1½ cups julienne-cut Granny Smith apple
- 1½ cups thinly sliced fennel bulb
- 1 cup thinly sliced celery
- 1 tbsp chopped fennel fronds

Instructions:

1. In a medium bowl, combine olive oil, vinegar, honey, pepper and salt stirring with a whisk.
2. Add the apple, sliced fennel bulb, celery and chopped fennel fronds. Toss to coat.

Nutrition Facts	
Serving Size (109g) Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 0g	
Vitamin A 4%	Vitamin C 2%
Calcium 2%	Iron 0%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Be sure to use the **leaves** – they contain the most **vitamin C, calcium, and potassium.**

Celery Critters

Caterpillars

Ingredients:

- Celery stalks
- Peanut butter
- Grapes
- Blueberries
- Grape tomatoes
- Candy eyes
- Celery or radish matchsticks

Instructions:

1. Fill celery stalks with peanut butter.
2. Top with grapes, blueberries or grape tomatoes for the body and head.
3. Use peanut butter to glue on candy eyes and celery or radish matchstick for antennae.



Snails

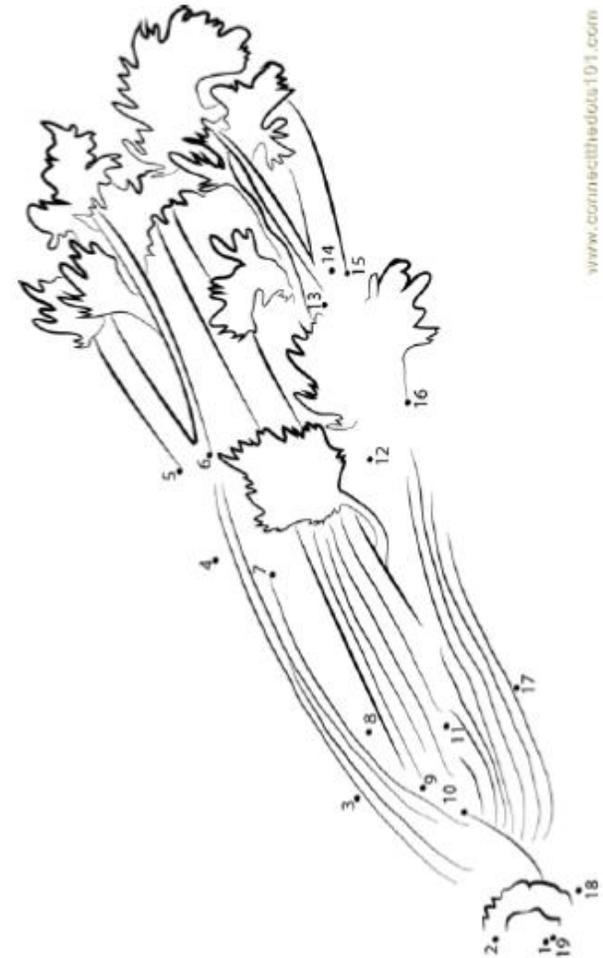
Ingredients:

- Celery stalks
- Peanut butter
- Sliced apple
- Sliced orange
- Sliced kiwi
- Sliced cucumber
- Sliced tomato
- Cashews

Instructions:

1. Fill celery stalks with peanut butter.
2. Top with an apple, orange, kiwi or cucumber slice "shell" and a cashew "head."
3. Use peanut butter to glue on candy eyes.

Connect the Dots



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