



Eat a Rainbow of Colors

Did You Know....

Eating a variety of fruits and vegetables provides your body with many vitamins and minerals it needs to stay healthy. Fruits and vegetables provide us with nutrients like potassium, fiber, Vitamins A & C, and folate.

Each color helps our body in different ways.

- **Red:** Red foods help our body to fight cancer. Choose tomatoes, red peppers, or red onions.
- **Orange:** A great source of Vitamin A is orange foods to keep our eyes healthy. Choose cantaloupe, winter squash, sweet potatoes, carrots and apricots.
- **Green:** Helps build strong bones and maintain your vision with green foods. Leafy green veggies like kale, spinach, and Swiss chard are great examples.
- **Purple:** Purple/blue foods are excellent for our brains and help with our memory. Grapes, blackberries, blueberries, and plums are examples.

Choosing a Rainbow of Colors

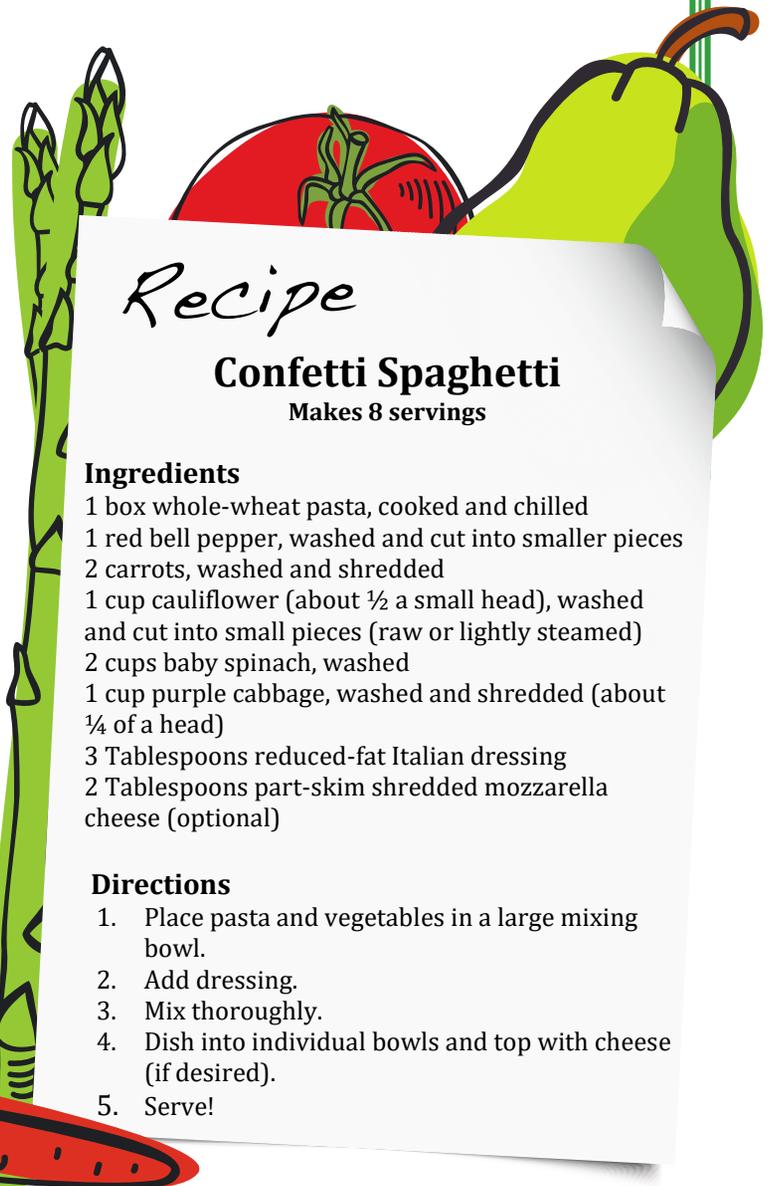
Practice makes perfect when trying to add a rainbow of colors to your plate.

- **Buy in season fruits and veggies.** Fruits and veggies taste best when they are in season.
- **Have a color challenge.** See how many different colors of fruits & veggies that you can include in your meals.
- **Fruits and veggies are among the healthiest foods we eat.** Choose canned, frozen, fresh, and dried fruits and vegetables when planning your meals.

Take Action!

Try these tips this week to add a rainbow of colors to your meals!

- Pick a color theme of the week.** Try as many fruits & veggies of that color as you can find.
- Serve a rainbow dinner.** Include every color from the rainbow on the plate at one meal.
- Make an "I Tried It" chart.** Write down all of the fruits and veggies you tried this week. Put a smiley face by the ones your family liked.



Recipe

Confetti Spaghetti

Makes 8 servings

Ingredients

- 1 box whole-wheat pasta, cooked and chilled
- 1 red bell pepper, washed and cut into smaller pieces
- 2 carrots, washed and shredded
- 1 cup cauliflower (about ½ a small head), washed and cut into small pieces (raw or lightly steamed)
- 2 cups baby spinach, washed
- 1 cup purple cabbage, washed and shredded (about ¼ of a head)
- 3 Tablespoons reduced-fat Italian dressing
- 2 Tablespoons part-skim shredded mozzarella cheese (optional)

Directions

1. Place pasta and vegetables in a large mixing bowl.
2. Add dressing.
3. Mix thoroughly.
4. Dish into individual bowls and top with cheese (if desired).
5. Serve!

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