

Eat the RAINBOW

RED

Strawberries, apples, raspberries, tomatoes, grapes, peppers, cherries, pomegranates, radishes, watermelon

ORANGE

Carrots, oranges, peaches, butternut squash, pumpkin, apricots, cantaloupe, mango, tangerines, sweet potatoes, papaya, persimmons

YELLOW

Corn, pineapple, bananas, pears, lemons, bananas, summer squash, tomatoes, potatoes, peppers, golden beets, turnips, acorn squash

GREEN

Avocado, apples, grapes, kiwi, limes, pears, artichokes, asparagus, greens, broccoli, Brussels sprouts, cabbage, green beans, cucumber, celery

BLUE

Blueberries, black currants, elderberries, blackberries, figs

PURPLE

Grapes, plums, eggplant, cabbage, raisins, figs, red onions, purple potatoes

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Eat the Rainbow Activity

Give yourself a tally mark every time you eat a fruit or vegetable in the color group. Give yourself a star when you try a new fruit or vegetable.

Fruits and vegetables can help reduce the risk of heart disease, type 2 diabetes, some types of cancers, and high blood pressure. The recommendation has increased from 5-a-day to 9-a-day (2 cups of fruit, 2-1/2 cups of vegetables).

Tips to get more fruits and vegetables:

- **Make fruit salad.**

Fruit is much more appealing if it is washed, cut, and assembled into a colorful salad.

- **Make a bowl of fruit part of your décor.**

Wash whatever fresh fruit you have and set a big bowl on your table or desk.

- **Toss some fruit into your breakfast.**

Throw some fresh, frozen or dried fruit into your breakfast, whether you're having a smoothie, pancakes, or hot or cold cereal.

- **Throw some veggies in a skillet.**

Making an omelet or frittata? Fill it with chopped tomatoes, onions, mushrooms, green peppers, chili peppers, broccoli florets, or whatever you have on hand.

- **Crunch on a green salad.**

Eat a crisp, green salad almost every day. Load your salads up with as many raw veggies as you can: cucumber, grated carrots, zucchini, broccoli, green beans, onions, radishes, jicama, tomato, etc. Try using high-nutrient raw spinach or romaine instead of iceberg lettuce. For a sweet twist, add fruit to your green salads; strawberries, pears, grapes, kiwi, oranges, mango, papaya and pineapple work well.

- **Add veggies you like to dishes you love.**

Spaghetti is one example of a dish that can be secretly supplemented with veggies. Just add finely chopped (or grated) zucchini, mushrooms, onions, eggplant, or yellow squash to a flavorful spaghetti sauce. The smaller you chop (or shred) the veggies, the less likely you are to notice they're there.

- **Spoon up some soup.**

Have soup as a snack or with a meal. Choose soups that are bursting with vegetables.

- **Drink your vegetables, and fruits.**

Make smoothies out of fruits and vegetables.

- **Toss some on the grill.**

After you take your meat or fish off the grill, throw some fruits and/or veggies on.