

Color Your Plate



- ◆ Nutrition research shows that colorful vegetables and fruits contain essential vitamins, minerals, fiber and phytochemicals that your body needs to stay healthy.
- ◆ The more reds, oranges, greens, yellows and blues you see on your plate, the more health promoting benefits you and your family are receiving.
- ◆ So when you make a plate of food for yourself and your kids, make your plate as colorful as possible.

Did you know that the phytochemicals that make fruits & veggies good for us also give them their colors?

Red - Good for our heart & our memory . Cranberries, strawberries and tomatoes are luscious!

Green - Helps bones & teeth stay strong and helps our vision. Broccoli and kiwi are power houses!

Blue/Purple - Good for our memory & healthy aging. Eat some blueberries and raisins on test day!

White - Good for our heart and our cholesterol. Bananas, pears and cauliflower are wonderful!

Yellow/Orange - Good for our heart, our eyes and our immune system.. Eat your pumpkin pie!

All colors help reduce the risk of cancer.; the darker the color, the more healthful benefits!

The part of the fruit or veggie that you eat tells the color story!

Check out this delicious, healthful recipe that your kids will love.

Pumpkin Pudding

1 cup Canned Pumpkin

1 4-serving size vanilla instant pudding

1 teaspoon pumpkin pie spice (Cinnamon also works well .)

1 1/4 cups 1% milk

Whisk all ingredients together until fully mixed and thickened.

