

Fruits and Veggies: A Rainbow of Colors

Today we talked about Eating a Rainbow. Phytochemicals are special nutrients found in fruits and veggies that help us fight off diseases. Phytochemicals also give fruits and vegetables their colors. It's important to eat a variety of colors in order to get a variety of phytochemicals. A chart on the next page shows how the different colors help us.



How much should we eat? Half of your plate should be filled with fruits and vegetables or at minimum eat 2 fruits and 3 vegetables a day. This is one of the most important things your child can do to stay healthy.

Blue/Purple	Green	White	Orange/Yellow	Red
Blackberries	Avocado	Bananas	Bananas	Apples
Blueberries	Apples	Pears	Apples	Cherries
Cabbage	Grapes	Nectarines	Apricots	Cranberries
Currants	Honeydew Melon	White Peaches	Cantaloupe	Raspberries
Eggplant	Kiwi	Cauliflower	Grapefruit	Watermelon
Grapes	Limes	Garlic	Oranges	Strawberries
Plums	Pears	Ginger	Mangoes	Pomegranate
Raisins	Artichoke	Artichoke	Nectarines	Peppers
Purple Potatoes	Arugula	Jicama	Peaches	Tomatoes
Figs	Asparagus	Mushrooms	Pineapple	Radishes
Beets	Broccoli	Onions	Tangerine	Rhubarb
Purple asparagus	Brussels Sprouts	Parsnips	Melon	Red Onion
	Cabbage	Coconut	Beets	Red Potatoes
	Celery	Shallots	Squash	Red Pears
	Cucumber	Turnips	Corn	
	Lettuce	Corn	Peppers	
	Peas		Carrots	
	Peppers		Pumpkin	
	Spinach		Sweet Potato	
	Zucchini		Pears	

Resources:

<http://www.pbhfoundation.org/>

<http://www.fruitsandveggiesmatter.gov/>

Color	Contains	Is good for...	Examples
Red	Lycopene	Heart Health	Peppers, Tomatoes, Beets
Orange/ Yellow	Vitamin A	Immune System Skin Vision	Peppers, Carrots, Sweet Potato
Green	Folate B Vitamins	Digestive Track Heart Health	Spinach, Broccoli, Lettuce, Cucumber
Blue/ Purple	Antioxidants	Memory, Healthy Aging	Eggplant
White	Potassium Fiber	Heart Health	Potato, Mushrooms

Here are a few ideas to enjoy a rainbow of colors. Add veggies to pizza, wraps and sandwiches. Eat a small salad. Snack on carrots, celery, and cherry tomatoes. Add veggies to your favorite pasta/rice dishes.

Fruit Salsa

- 1 green pepper, seeded, diced
- 1 small cucumber, peeled, seeded, diced
- 1 small jalapeno, minced
- 1 cup pineapple, diced
- 1 cup cantaloupe or honeydew, chopped
- 1 cup watermelon, diced
- 1 cup cilantro chopped
- 1 tablespoon lime juice
- 1 tablespoon honey



Directions:

Mix all ingredients together in a bowl. Experiment with different ingredients.