Eat Right with Color!

Fruits and vegetables add color, texture and taste to just about any meal. Eat as many colors as you can to make the most of the fruits and vegetables you eat. The mix of colors reminds us of the varying vitamins, minerals and antioxidants found in fruits and vegetables.

Blue and purple fruits and vegetables contain nutrients that reduce cancer risk, lower blood pressure and cholesterol levels, boost the immune system, fight inflammation and help digestion.

Blue and purple foods get their colors from a unique set of flavanoids called anthocyanins. A deeper color means more flavanoids, so more benefits for your health. Blueberries have the highest amount of anthocyanins.

Fruits	Vegetables
Black currants	Eggplant
Blackberries	Belgian endive
Blueberries	Purple potatoes
Dried plums	Purple asparagus
Elderberries	Red cabbage
Grapes	Purple carrots
Plums	Purple peppers
Pomegranates	
Prunes	
Raisins	

National Nutrition Month® 2011

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Top 10 Ways to Enjoy Blueberries

10 A sweet salad. Make a salad by topping spinach leaves with blueberries, nuts, strawberries, mandarin oranges and a light Vidalia onion dressing.

9 Pancakes & waffles. Add fresh blueberries to your whole wheat pancake or waffle batter.

8 Blue juice. Blend blackberries, blueberries and a splash of orange juice in a blender and add some blue to your day!

7 Blueberries & bran. Add fresh blueberries to a bran muffin mix. Bake and enjoy.

6 Top your oatmeal.

5 Fruit kabobs. Make fruit kabobs by stacking blueberries, kiwi and strawberries on toothpicks. Dip in vanilla yogurt.

4 Blue smoothie. Mix milk, low fat frozen vanilla yogurt and blueberries in a blender for a tasty blue treat.

3 Parfait. Layer blueberries, low fat vanilla yogurt, low fat granola and pineapple to make a delicious snack.

2 Pizza. Spread cream cheese thinned with some vanilla yogurt on a premade pizza crust. Top with sliced bananas, blueberries and your favorite fruit. Slice and eat.

1 Just pop a few. Then a few more! They're delicious as is.

From www.fruitsandveggiesmorematters.org