

Eat Right with Color!

Fruits and vegetables add color, texture and taste to just about any meal. Eat as many different 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.

Orange fruits and vegetables have vitamins, minerals and antioxidants that help your eyesight and joints, lower cholesterol and blood pressure and reduce the risk for some cancers.

Beta-carotene is the main antioxidant found in orange fruits and vegetables. Once inside your body, its powerful actions keep your immune system strong and help fight off cell-damaging free radicals.

Fruits

Apricots
Cantaloupe
Grapefruit
Mangos
Nectarines
Oranges
Papayas
Peaches
Persimmons
Pumpkin
Tangerines

Vegetables

Butternut squash
Carrots
Sweet potatoes



National Nutrition Month® 2011



Top 10 Ways to Enjoy Sweet Potatoes

- 10 **A crispy, healthy snack.** Thinly slice a large sweet potato and brush lightly with olive oil. Bake at 350 for 15 minutes or until lightly browned and crisp.
- 9 **Drizzle and eat.** Dice cooked, peeled sweet potatoes and drizzle with maple syrup for a tasty side dish.
- 8 **Add a twist to sandwiches.** Cut thin slices of cooked sweet potatoes and add to your sandwich or wrap instead of tomatoes.
- 7 **Pancakes!** Get tasty recipes for sweet potato pancakes at www.fruitsandveggiesmorematters.org.
- 6 **New potato salad.** Substitute sweet potatoes for regular spuds.
- 5 **Grill 'em!** Slice sweet potatoes into 1/2" thick rounds and grill until lightly browned. Drizzle with lime juice.
- 4 **Sweet potato fries.** Quarter sweet potatoes and drizzle with olive oil. Bake at 400 for 40-60 minutes.
- 3 **Top your salad.** Sweet potatoes make sweet salad toppings. Combine diced cooked sweet potatoes, pineapple tidbits, apples and cashews. Serve over greens.
- 2 **Mash 'em!** Steam peeled sweet potato chunks for about 10 minutes until tender, and mash with a dash of orange juice.
- 1 **Bake, roast or steam.** Pick a cooking method and enjoy. Use cooked unpeeled sweet potatoes as a side dish to any meal.

From www.fruitsandveggiesmorematters.org