

## 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.

**Red** fruits and vegetables have vitamins, minerals and antioxidants that promote heart health, healthy aging and memory and reduce the risk for some cancers.

Lycopene is the main antioxidant found in red fruits and vegetables. The tomato, the most red of all red fruits, has the highest amount.

Fruits	Vegetables
--------	------------

Red apples	Beets
Cherries	Red peppers
Raspberries	Radishes
Watermelon	Radicchio
Strawberry	Red onions
Cranberries	Red potatoes
Red grapes	Rhubarb
Guava	
Pomegranate	
Tomatoes	



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## Top 10 Ways to Enjoy Tomatoes

- 10 **Healthy tomato vinaigrette.** In a blender, combine a chopped tomato, 2 Tbsp vinegar, 1 Tbsp olive oil, ½ tsp Dijon mustard and your favorite herbs (basil, thyme, etc). Enjoy!
- 9 **Quick tomato salad.** Quarter tomatoes and marinate with sliced onion in a low fat vinaigrette.
- 8 **Stuffed tomato.** Scoop out a tomato and fill it with low fat cottage cheese or tuna, shrimp or chicken salad. Use the pulp as part of the salad.
- 7 **Simple side dish.** Sauté 1 small onion (diced) in 1 Tbsp olive oil. Mix in dried or chopped fresh basil and a dash of salt and pepper. Add coarsely chopped, peeled tomatoes (about 6) and simmer for 5 minutes.
- 6 **Salsa.** Use salsa as a dip for veggies or to add a kick to baked potatoes.
- 5 **Baked.** Slice tomatoes about ½ inch thick. Sprinkle with breadcrumbs and Parmesan cheese. Bake at 350 until tomatoes are almost soft.
- 4 **Gazpacho.** Serve this tangy soup as an appetizer.
- 3 **Beyond tomato sauce.** Top your pizza with sliced tomatoes.
- 2 **Cook and enjoy.** Find tomato recipes at [www.fruitsandvegiesmorematters.org](http://www.fruitsandvegiesmorematters.org).
- 1 **Fresh and sweet.** Right off the vine!

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**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



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## 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](http://www.fruitsandveggiesmorematters.org).
- 6 **New potato salad.** Substitute sweet potatoes for regular spuds.
- 5 **Grill 'em!** Slice sweet potatoes into ½" 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.

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**Blue and purple** fruits and vegetables contain nutrients that reduce cancer risks, 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

Black currants  
Blackberries  
Blueberries  
Dried plums  
Elderberries  
Grapes  
Plums  
Pomegranates  
Prunes  
Raisins

### Vegetables

Eggplant  
Belgian endive  
Purple potatoes  
Purple asparagus  
Red cabbage  
Purple carrots  
Purple peppers



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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.

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**Green** fruits and vegetables have nutrients that help reduce the risk of cancer, lower blood pressure and cholesterol levels and keep your eyesight, digestion and bones in good shape.

Spinach and other dark leafy greens, green peppers, peas, cucumber and celery contain lutein. Lutein works with another chemical found in corn, red peppers, oranges, grapes and egg yolks to help keep eyes healthy. Together, these chemicals may help reduce risk of cataracts and age-related macular degeneration, which can lead to blindness if untreated.

### Fruits

Avocado  
Green apples  
Green grapes  
Green pears  
Honeydew melon  
Kiwifruit  
Limes

### Vegetables

Artichokes  
Arugula  
Asparagus  
Broccoli  
Brussel sprouts  
Celery  
Chinese cabbage  
Cucumbers  
Green peppers  
Leafy greens  
Okra  
Snow peas  
Spinach  
Zucchini



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## Top 10 Ways to Enjoy Grapes

- 10 Chilled...over salad. Add chilled grapes to your favorite low fat chicken, seafood or pasta salad for a sweet twist.
- 9 Grapes & veggies. Mix some halved grapes in with your favorite veggies. Try with 3-bean salad.
- 8 French toast a la...grape? Yes indeed. Make French toast with whole wheat bread, cinnamon and egg whites. Top with sliced grapes and a little maple syrup.
- 7 A new kabob. Make kabobs with chunks of pineapple, strawberries, grapes and any other fruit you like. Serve with a yogurt dip.
- 6 Grapes and cheese. Cubed cheese, whole wheat crackers and grapes are a snack time delight.
- 5 Frozen treats. Pop a few bunches of grapes in the freezer for a sweet treat on a hot day.
- 4 Kid-friendly fun. Slice honeydew into 6 to 8 slices. Scoop out some of the melon and add cottage cheese and grapes.
- 3 The fruit salad staple. Rinse and slice fresh grapes. Mix grapes and all of your favorite fruits together for a simple dish.
- 2 Pop a few. Grapes are quick and easy. Pack some for school, work or on-the-road. Just rinse and enjoy!
- 1 Grapes & grains. Add sliced grapes to cooked couscous or quinoa.

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