

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.

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

National Nutrition Month® 2011



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.

From www.fruitsandveggiesmorematters.org