

## 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

Red apples  
Cherries  
Raspberries  
Watermelon  
Strawberry  
Cranberries  
Red grapes  
Guava  
Pomegranate  
Tomatoes

### Vegetables

Beets  
Red peppers  
Radishes  
Radicchio  
Red onions  
Red potatoes  
Rhubarb



National Nutrition Month® 2011



## 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.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org).
- 1 **Fresh and sweet.** Right off the vine!

From [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)