

March 2011 is National Nutrition Month®

The American Dietetic Association is encouraging everyone to add color and nutrients to their meals through this year's theme: "Eat Right with Color." One of the best ways to increase the color of your meals is by adding more fruits and vegetables. Mix and match your favorite items to get the recommended daily intake of at least 2 ½ cups of vegetables and 2 cups of fruit per day.

Use this quick color guide to brighten up your plate.

Green produce may help promote healthy vision and reduce cancer risk.

- **Fruits:** avocado, apples, grapes, honeydew melon, kiwi and lime
- **Vegetables:** artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

Orange and **deep yellow** produce have nutrients that promote healthy vision and immunity, as well as, reducing the risks of some cancers.

- **Fruits:** apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple
- **Vegetables:** carrots, yellow pepper, yellow corn and sweet potatoes



Purple and **blue** produce have anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.

- **Fruits:** blackberries, blueberries, plums, and raisins
- **Vegetables:** eggplant, purple cabbage, and purple-fleshed potato

Red produce may help maintain healthy hearing, vision, immunity and reduce cancer risk

- **Fruits:** cherries, cranberries, pomegranate, red/pink grapefruit, red grapes, and watermelon
- **Vegetables:** beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

White, tan and **brown** produce sometimes contain nutrients that promote heart health and reduce cancer risks

- **Fruits:** banana, brown pear, dates and white peaches
- **Vegetables:** cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potatoes and white corn

10 Ways to Enjoy More Fruits and Vegetables

1. Combine your favorite vegetables as colorful pizza toppings. Try adding broccoli, tomatoes, red onion, mushrooms and yellow peppers.
2. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
3. Top your favorite cereal or instant oatmeal with fruit every morning such as raisins, blueberries or cranberries.
4. Mix up a smoothie with low-fat milk and your favorite fruits like strawberries, blueberries and bananas.
5. Try crunchy vegetables such as carrots or green peppers instead of chips with your favorite dip or low-fat salad dressing.
6. Add more color to salad with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.
7. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
8. Top a baked potato with beans and salsa or broccoli and low-fat cheese
9. Microwave a cup of tomato or vegetable soup for a quick afternoon snack.
10. Get saucy with fruit: Puree berries, apples, peaches or pears for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.



For more information on increasing your intake of fruits and vegetables, visit the American Dietetic Association Web site at www.eatright.org.

