



## BUILD A COLORFUL PLATE

It is essential to get a colorful variety of fruits and vegetables into your diet everyday. Why? Because colorful fruits and vegetables provide a wide range of vitamins, minerals and other plant chemicals (phytochemicals) your body needs to maintain good health and energy levels. So remember: eat 5 servings a day, the *color* way!

### Choose the colors of health:

It's all about color – **blue/purple**, **green**, **white**, **yellow/orange**, and **red** – and the power of colorful fruits and vegetables to promote good health. So when you're grocery shopping, planning your meals or dining out, think *color*.

Boost the level of **BLUE/PURPLE** in your low-fat diet to help maintain:

- A lower risk of some cancers
- Urinary tract health
- Memory function
- Healthy aging

#### Examples

Blackberries, Blueberries, Black currants, Dried plums, Elderberries, Purple figs, Purple grapes, Plums, Raisins, Purple asparagus, Purple carrots, Eggplant, Purple Belgian endive, Purple peppers, Purple potatoes.

Add **GREEN** to your low-fat diet to maintain:

- A lower risk of some cancers
- Vision health
- Strong bones and teeth

#### Examples

Avocados, Green apples, Green grapes, Honeydew melon, Kiwifruit, Limes, Green pears, Artichokes, Arugula, Asparagus, Broccoli, Brussels sprouts, Chinese cabbage (Napa/Bok Choy), Green beans, Green cabbage, Celery, Chayote squash, Cucumbers, Endive, Leafy greens, Leeks, Lettuce, Green onion, Okra, Peas, Green pepper, Spinach, Zucchini.

Working **WHITE** into your low-fat diet helps maintain:

- Heart health
- Cholesterol levels that are already healthy
- A lower risk of some cancers

#### Examples

Bananas, Brown pears, Dates, White nectarines, White peaches, Cauliflower, Garlic, Ginger, Jicama, Mushrooms, Onions, Parsnips, White potatoes, Shallots, Turnips.



IT'S ALL ABOUT COLOR

Make **YELLOW/ORANGE** a part of your low-fat diet to help maintain:

- A healthy heart
- Vision health
- A healthy immune system
- A lower risk of some cancers

#### Examples

Yellow apples, Apricots, Cantaloupe, Yellow figs, Grapefruit, Golden kiwifruit, Lemons, Mangoes, Nectarines, Oranges, Papayas, Peaches, Yellow pears, Persimmons, Pineapples, Tangerines, Yellow watermelon, Yellow beets, Butternut squash, Carrots, Yellow peppers, Yellow potatoes, Pumpkin, Rutabagas, Yellow summer squash, Sweet corn, Sweet potatoes, Yellow tomatoes, Yellow winter squash.

Be sure to include **RED** in your low-fat diet to help maintain:

- A healthy heart
- Memory function
- A lower risk of some cancers
- Urinary tract health

#### Examples

Red apples, Blood oranges, Cherries, Cranberries, Red grapes, Pink/Red grapefruit, Red pears, Pomegranates, Raspberries, Strawberries, Watermelon, Beets, Red cabbage, Red peppers, Radishes, Radicchio, Red onions, Red potatoes, Rhubarb, Tomatoes.

For questions on produce, checkout: [www.aboutproduce.com](http://www.aboutproduce.com)

*Adapted from Eat your colors, at: [www.5aday.com](http://www.5aday.com). May 8, 2003.*

#### FRUITY BREAKFAST PARFAIT

2 C. chopped pineapple	1 C. raspberries
1 C. nonfat vanilla yogurt	1 firm medium banana
1/3 C. chopped raisins	¼ C. sliced almonds, toasted

Utensils needed- 4 (6 ounce) sundae glasses, spoon, and knife.

Method- In glasses, layer pineapple, raspberries, yogurt, banana and raisins. Sprinkle the top with almonds.

*The WIC Program is an equal opportunity provider and employer.*

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