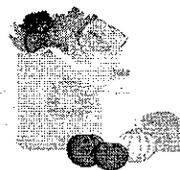


Nutrition Education Topic:**COLOR your plate with Good Nutrition!**

➤ **Eat a variety of vegetables – fill half your plate**

➤ **Add fruits to meals, desserts and snacks**

Green	Orange /Deep yellow	Purple /Blue	Red	White / brown
<ul style="list-style-type: none"> ➤ Antioxidant* potential ➤ Healthy vision ➤ Reduce cancer risk ➤ Good source Vitamin A 	<ul style="list-style-type: none"> ➤ Healthy vision ➤ Immunity ➤ Reduce cancer risk ➤ Good source of Vitamin A 	<ul style="list-style-type: none"> ➤ Antioxidant* ➤ Anti-aging ➤ Memory ➤ Urinary tract health ➤ Reduce cancer risk 	<ul style="list-style-type: none"> ➤ Healthy heart ➤ Vision ➤ Immunity ➤ Reduce cancer risk 	<ul style="list-style-type: none"> ➤ Heart health ➤ Reduce cancer risk
Vegetables: <ul style="list-style-type: none"> • Artichoke • Asparagus • Broccoli • Green beans • Green peppers • Peas • Spinach • Leafy greens 	Vegetables: <ul style="list-style-type: none"> • Carrots • Yellow pepper • Yellow corn • Sweet potato • Winter squash • Pumpkin 	Vegetables: <ul style="list-style-type: none"> • Eggplant • Purple cabbage • Purple peppers • Purple fleshed potato 	Vegetables: <ul style="list-style-type: none"> • Beets • Red onions • Red peppers • Red potatoes • Rhubarb • tomatoes 	Vegetables: <ul style="list-style-type: none"> • Cauliflower • Mushrooms • Onions • Garlic • Parsnips • Turnips • Potato • White corn
Fruits: <ul style="list-style-type: none"> • Avocado • Apples • Grapes • Honeydew • Kiwi • Lime 	Fruits: <ul style="list-style-type: none"> • Apricot • Cantaloupe • Grapefruit • Mango • Papaya • Peach • Pineapple 	Fruits: <ul style="list-style-type: none"> • Blackberries • Blueberries • Plums • Raisins 	Fruits: <ul style="list-style-type: none"> • Cherries • Cranberries • Pomegranate • Red grapefruit • Red grapes • Watermelon 	Fruits: <ul style="list-style-type: none"> • Banana • Brown pear • Dates • White peaches

* Antioxidants are healthful components in food which decrease damage to cells which helps to maintain and improve health.

Try fresh, frozen, dried or canned.
Rinse and drain canned fruits and vegetables to decrease sodium and sugar.

Farmer's Market**Good sources of vitamin C:**

Oranges, Green Pepper, Baked Potato, Cantaloupe, Grapefruit, Honeydew, Raspberries, Strawberries, Asparagus, Broccoli, Brussels sprouts, Cabbage,

Try roasting or grilling vegetables or cook in microwave with very little water to maintain vitamins and minerals.