

# Eating the Rainbow

- The different colors of fruits and vegetables provide different benefits to support human health.
- An eating pattern that has fruits and vegetables of all colors provides needed vitamins, minerals, antioxidants, and fiber.
- Antioxidants are important for the body to stop cell damage which plays a role in many common diseases, including heart disease and cancer.
- Helpful Tips for Eating the Rainbow:
  - Introduce a variety of fruits and vegetables early in life.
  - Try new recipes that contain new fruits and vegetables.
  - Add a rainbow of produce to your next shopping list.



## Why eat purple and blue?



- The blue and purple color of fruits and vegetables comes from anthocyanins. These are antioxidants that help prevent cell damage and diseases, like heart disease and cancer.
- These fruits and vegetables are also high in vitamins B and C and fiber.
- When you think of blue and purple, think of memory maintenance, immune system strength, and inflammation reduction.
- Try adding some of these fruits and vegetables to your meal plan this week!

Check out the recipes below for some new ideas and head back to [carolinahungerinitiative.org](http://carolinahungerinitiative.org) for an activity page!

# Blueberry Refrigerator Oatmeal

**Prep Time: 5 min**  
**No cooking required**  
**Servings: 1**



## Ingredients

- 1/3 cup old-fashioned oats
- 1/3 cup plain or vanilla yogurt
- 1/3 cup milk
- 2 tbsp fresh or frozen blueberries
- 1 tbsp chopped or sliced almonds
- 1/2 tsp honey or maple syrup
- Pinch of salt

## Directions

1. Put all the ingredients in a jar or plastic container.
2. Stir well until all ingredients were combined.
3. Place the top on tightly.
4. Put in the refrigerator to sit overnight. Enjoy in the morning!

### **TIP**

You can make more than one jar at a time and eat them throughout the week.

### **TIP**

Try adding chia or flax seeds for added fiber and protein.

# Purple Cabbage Slaw

**Prep Time: 20 min**  
**No cooking required**  
**Servings: 8**

## Ingredients



- 1 head purple cabbage
- 2 carrots, peeled and sliced
- 8 scallions, chopped
- 1/4 cup vegetable oil
- 1/4 cup rice vinegar
- 1/2 tsp kosher salt
- 1/4 tsp black pepper

## Directions

1. Cut the cabbage in half and put each half, flat side down, on a cutting board.
2. Cut each half into the thinnest slices you can.
3. Put all the ingredients in the bowl and toss well.
4. Cover and refrigerate for at least 1 hour or up to 2 days.

## **TIP**

Try serving this  
with sliced grilled  
chicken or on  
tacos!