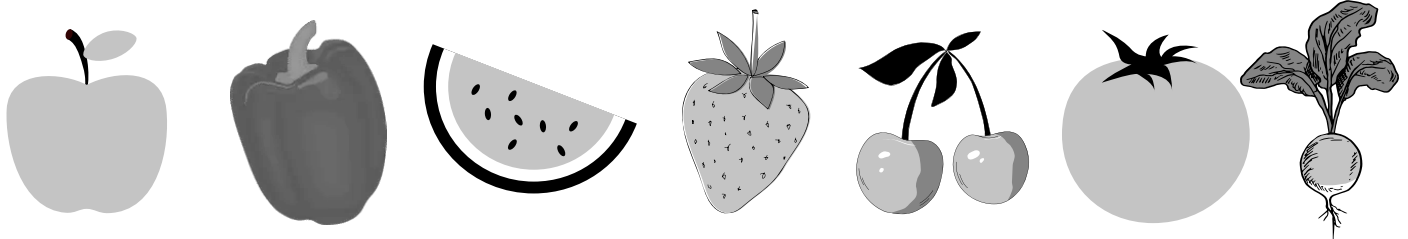


# Eating the Rainbow

- 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 Red?



NC SNAP-ED

- Lycopene contributes to the red color of some fruits and vegetables. It is a strong antioxidant in our bodies.
- Red fruits and vegetables function in heart, blood, and joint health by providing fiber and antioxidants to prevent cell damage, inflammation, and plaque build up in blood vessels.
- 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!**

# Strawberry Yogurt Parfait

## TIP

You can use Greek yogurt for added protein.

**Prep Time: 10 min**  
**No cooking required**  
**Servings: 4**



## Ingredients

- 4 cups plain or vanilla yogurt
- 4 cups fresh strawberries (sliced or chopped)
- 1 cup granola or other cereal

**\*Will need 4 individual bowls, containers, or jars\***

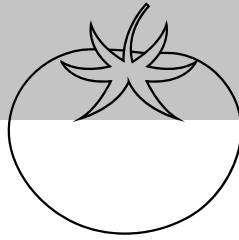
## Directions

1. Put 1/2 cup of yogurt in an individual bowl, container, or jar.
2. Top with 1/2 cup of strawberries. Repeat steps 1 and 2. (Create 2 layers each of yogurt and fruit in each of the 4 individual containers)
3. Top with 1/4 cup of granola.

Recipe adapted from

<https://www.dcopublichealth.org/home/showpublisheddocument/32226/637268928860830000>

# Tomato Bruschetta



**Prep Time: 15 min**

**Cook time: 5 min**

**Servings: 6**

## **Ingredients**

- **5 Roma (plum) tomatoes or about 25 grape tomatoes**
- **1 tsp oil**
- **2 tsp dried basil or 2 tbsp fresh basil**
- **2 cloves garlic or 2 tsp bottled minced garlic or 1/2 tsp garlic powder**
- **1/2 loaf of French or Italian bread or about 30 whole grain crackers**

## **TIP**

Add low-fat mozzarella cheese for calcium and protein.

## **Directions**

- 1. Wash and dice tomatoes.**
- 2. Place in strainer or colander and drain off liquid.**
- 3. Combine tomatoes with remaining ingredients in bowl.**
- 4. Slice and toast bread. (Skip this step if you are using crackers)**
- 5. To serve, spread on toasted bread or whole grain crackers.**

Recipe adapted from

<https://snapedny.org/recipes/tomato-bruschetta/>