

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?

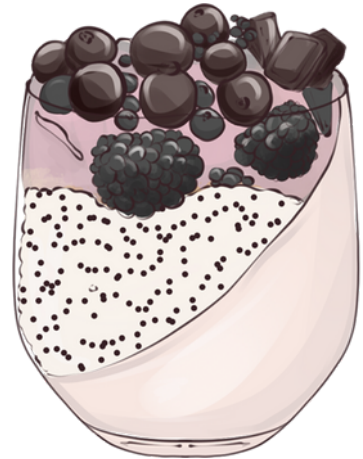


- The blue and purple color of fruits and vegetables comes from anthocyanins. These are antioxidants that help prevent cell damage and diseases, like heart disease and cancer.
- These fruits and vegetables are also high in vitamins B and C and fiber.
- When you think of blue and purple, think of memory 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 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!