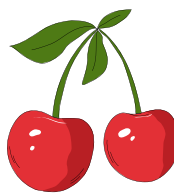
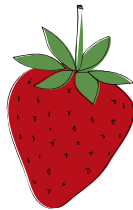
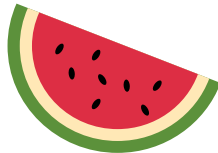
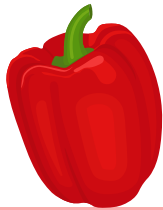
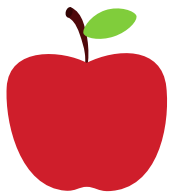


Eating the Rainbow

- 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 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/>