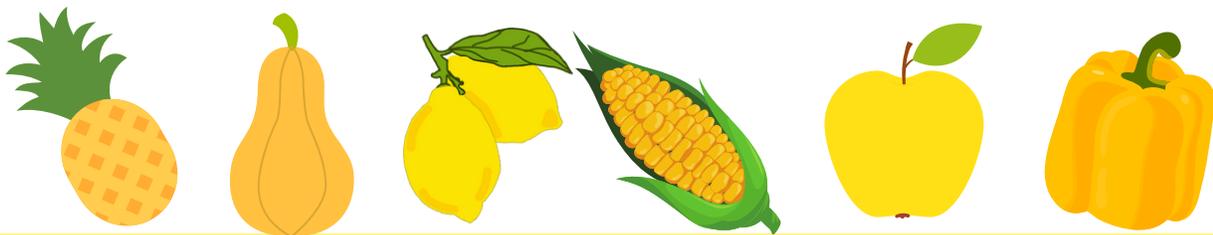


# Eating the Rainbow

- 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.



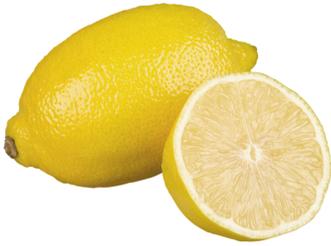
## Why eat yellow?



- These fruits and vegetables contain beta-carotene (just like orange produce) which gives them their yellow color. Beta-carotene helps make vitamin A, which is good for the skin.
- Yellow fruits and vegetables are also good sources of potassium, vitamin C, and fiber. These help to keep the immune system strong and the digestive system healthy.
- 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!

# Fresh Fruit with Warm Honey Yogurt Topping



Prep Time: 15 min  
Cook Time: 1 min  
Servings: 4



## Ingredients

- 4 cups fresh fruit in any combination (pineapple, apple, berries, melon, etc.) - make sure to include yellow fruits!
- Zest of 1 lemon - save the juice for another recipe
- 1 cup nonfat vanilla yogurt
- 2 tbsp honey

## Directions

1. Wash and cut fruits. Rinse and zest lemon using the small holes on a box grater or lemon zester.
2. Divide fruit evenly among 4 bowls.
3. Combine yogurt, honey and lemon zest in microwave-safe bowl. Microwave for 1 minute. Stir well.
4. Drizzle honey yogurt topping over fruit and serve.

## TIP

You can also use frozen fruit, just make sure to fully thaw and drain off liquid.

## TIP

Try adding dried fruit, nuts, or granola to the top.

Recipe adapted from:

<https://cookingmatters.org/recipes/peanut-butter-and-banana-pockets/>

# Southwestern Bean and Corn Salad



Prep Time: 30 min  
No cooking required.  
Servings: 10

## Ingredients

- 1 medium bell pepper
- 1 small red onion
- 2 (15.5 oz) cans black-eyed peas or black beans
- 1 (15.25 oz) can corn kernels
- 3 tbsp canola oil or olive oil
- 2 tbsp vinegar
- 1 tsp cumin
- 1/4 tsp salt
- 1/2 tsp ground black pepper
- 1/4 cup cilantro - optional

Any color  
will do!

## TIP

Serve this with taco meat and brown rice for added protein and whole grains.

## Directions

1. Rinse and dice bell pepper, removing core and seeds. Peel, rinse, and dice onion.
2. If using, rinse and chop cilantro leaves.
3. In a colander, drain and rinse black-eyed peas or black beans and corn.
4. Mix everything together in one bowl. Enjoy!

Recipe adapted from:

<https://cookingmatters.org/recipes/southwestern-black-eyed-pea-and-corn-salad/>