**Tropical Salsa**

**Ingredients:**
- Two 15-ounce cans peaches in 100% juice, chopped
- One 20-ounce can pineapple tidbits, drained
- One 11-ounce can mandarin oranges, drained & chopped
- 1 cup diced cucumber
- 2/3 cup finely chopped red onion
- 1/2 cup finely chopped fresh cilantro
- Juice of 1 lime
- 1 cup canned black beans, drained
- 2 jalapeno peppers, finely chopped (optional)

**Directions:**
Gently combine ingredients in a large bowl. Serve with tortilla chips, crackers or quesadillas.

Tip: Try adding diced bell peppers to the salsa to get more colorful vegetables.

---

Did you know that you should fill **HALF** your plate with fruits and vegetables at each meal?

**Fruit Helps Keep you Healthy**

**Vegetables Help You Grow and Be Strong**

Eat a variety of colored fruits and vegetables as part of your daily diet.

Different colors help our bodies in different ways!
**GREEN fruits and vegetables**
help with digestion, eyesight, and growing strong bones

Examples: cabbage, honey dew, spinach, kiwi, asparagus, pears, snap peas, green grapes, zucchini, brussels sprouts, avocado

**RED fruits and vegetables**
help to keep your heart strong

Examples: tomato, strawberries, radishes, blood orange, red peppers, guava, red onion, watermelon

**WHITE fruits and vegetables**
keep your body strong and safe against germs

Examples: mushrooms, bananas, parsnips, pears, cauliflower, ginger, onions, white peaches, white corn, potatoes

**YELLOW and ORANGE**
fruits and vegetables
keep your eyes healthy and your skin glowing

Examples: apricots, squash, cantaloupe, carrots, oranges, yellow beets, pineapple, pumpkin, tangerines, yellow squash

**PURPLE and BLUE**
fruits and vegetables
help you to learn and remember

Examples: black currants, grapes, purple carrots, blueberries, prunes, eggplant

---

**How to Get More Colorful Fruits and Vegetables on Your Plate**

- Grill vegetable kabobs as part of a barbeque meal (try tomatoes, mushrooms, green pepper, and onions).
- Or make fruit kabobs using pretzel sticks.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads or muffins.
- Try dipping broccoli, red peppers, cauliflower, and baby carrots in low fat dressing or hummus.
- Top cereal with bananas, sliced peaches, blueberries, or strawberries.
- Add mandarin oranges, dried cranberries, or grapes to a salad.
- Buy fruit cups in 100% juice and unsweetened applesauce for easy and convenient snacks.