

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!

Tropical Salsa

Ingredients:

- 1 (15-ounce) can peaches in 100% juice, drained and chopped
- 1 (20-ounce) can pineapple tidbits, drained
- 1 (15 ounce) can black beans, rinsed and drained
- 1 cup diced cucumber
- ½ cup diced red onion
- ¼ cup chopped fresh cilantro
- 2 tablespoons lime juice
- 1 jalapeno pepper, finely chopped (optional)

Directions:

1. Make sure all canned fruit is drained well.
2. In a large bowl, gently combine all ingredients.

Serving tip: Serve with tortilla chips, or on top of chicken, quesadillas, or tacos.



Eat Your Colors for Good Health



Different colored vegetables and fruits work together to keep your body healthy

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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

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.

- 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.
- Try dipping broccoli, red peppers, cauliflower, and baby carrots in low fat dressing or hummus.

