

## Eat the rainbow! Add color to your plate

**M**eals and snacks can be made healthier by using vegetables and fruits that match the colors of the rainbow. Luckily, there are many kinds of produce that will give your food a burst of color and flavor. Putting more color in your diet comes with many health benefits. Vegetables and fruits have vitamins and minerals that can keep you healthy.



Photos courtesy iStockphoto: People cooking, Fstop123; produce, Viktar

### Quick tips on eating the rainbow:

**1** The Centers for Disease Control and Prevention says that adults should eat at least two to three cups of vegetables and one-and-a-half to two cups of fruit every single day.



**2** When shopping, consider buying some produce that you've never eaten before. Don't be afraid to try something new. You may find a recipe that you and your family will love.

**3** Think about ways to use produce as a substitute for other ingredients to get more color into your diet. For example, grate beets and carrots into muffin mixes.

**4** To get more colors on your plate, salads are a smart choice, as are soups and stir-frys. These dishes make it easy to throw in whatever produce you like, often without a recipe.

**5** Keep canned fruits and vegetables in the pantry so that you always have healthy food on hand. Frozen produce is another healthy and affordable option.



>> For more ideas on using colorful produce visit [www.heart.org/recipes](http://www.heart.org/recipes)