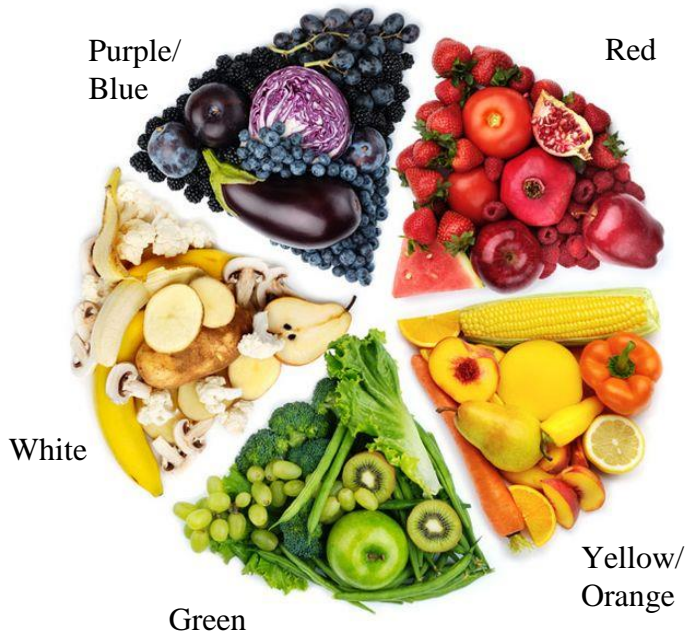


Lakes & Prairies Head Start

Nutrition Notes

This edition of Nutrition Notes was created by Dietetic Intern, Holly Schneider

Variety makes your plate more colorful!



Try Something New!

1. **Fruit-sickles:** blend up your favorite fruit (melon, berries, peaches, banana, kiwi) with 100% fruit juice. Freeze in ice cube tray or popsicle mold
2. **Pizza toppings:** Try new toppings on your pizza to make it colorful! (mushrooms, pineapple, eggplant, variety of peppers, spinach, tomatoes, broccoli, asparagus, cauliflower, artichokes)

Want even more variety?

<http://www.fruitsandveggiesmorematters.org/fruit-and-veggie-color-list>

Colorful plates ensure that children and adults are receiving ALL of their vitamins and minerals as well as improving overall health. Each color of food helps different areas of the body as shown below.

RED FOODS:

- Help fight cancer
- Help keep the heart healthy

Examples: apples, beets, red cabbage, cherries, grapes, peppers, radish, strawberries, raspberries, tomatoes, watermelon

YELLOW & ORANGE FOODS:

- Help fight cancer
- Help fight heart disease
- Help eye-sight

Examples: cantaloupe, carrot, orange, peach, pumpkin, banana, squash, corn, sweet potatoes

GREEN FOODS:

- Help fight cancer
- Help eye-sight

Examples: asparagus, avocado, broccoli, green beans, green cabbage, cucumber, dark leafy greens, kiwi

WHITE FOODS:

- Help lower cholesterol
- Help improve blood pressure
- Help reduce stomach cancer risk

Examples: cauliflower, garlic, jicama, mushrooms, onions, potatoes, parsnips, turnips

PURPLE & BLUE FOODS:

- Help fight cancer
- Help reduce risk of heart disease
- Improves memory

Examples: blueberries, eggplant, figs, plums, grapes, raisins

For any nutrition-related questions, contact the Nutrition Manager at 218-512-1545.