

Eat Right with Color

March is National Nutrition Month, an annual nutrition education campaign sponsored by the American Dietetic Association to encourage informed food choices and sound eating and exercise habits. This year's theme, Eat Right with Color, recommends eating a variety of fruits and vegetables every day to nourish your body with important vitamins and minerals that will promote good health and well being as you age.

Fill your plate with as many colorful fruits and

vegetables as you can at each meal using this list from the American Dietetic Association:



- Green produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.
- Fruits: avocado, apples, grapes, honeydew, kiwi and lime
- Vegetables: artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach
- Orange and deep yellow fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.
- Fruits: apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple
- Vegetables: carrots, yellow pepper, yellow corn and sweet potatoes
- Purple and blue options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.
- Fruits: blackberries, blueberries, plums, raisins
- Vegetables: eggplant, purple cabbage, purple-fleshed potato
- Red indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.
- Fruits: cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon
- Vegetables: beets, red onions, red peppers, red potatoes, rhubarb and tomatoes
- White, tan and brown foods sometimes contain nutrients that may promote heart health and reduce cancer risks.
- Fruits: banana, brown pear, dates and white peaches
- Vegetables: cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn

For more nutrition information including healthy recipes and interactive games, go to www.eatright.org.

Source: *American Dietetic Association*