



Eat a Colorful Variety Everyday!

Think Variety, Think Color

Dazzle your kids with color! Eating fruits and veggies in a variety of colors — red, dark green, yellow, blue, purple, white and orange — not only provides eye candy for your kids but mixing things up also gives them a broad range of nutrients.

How to Create A Rainbow on Your Plate

- Make a tropical rainbow fruit salad with fruits of each color: oranges, pink grapefruit, mango, papaya, kiwifruit, bananas, and purple grapes.
- Saute your own medley of mixed vegetables using each color: red onions, carrots, corn, jicama, broccoli and black beans.
- Make fruit-sicles: Puree your favorite fruit such as melon, peaches, banana, and/or berries with 100% fruit juice. Freeze in ice cube trays or paper cups or popsicle molds for a refreshing treat. Use fresh, frozen or canned.
- On a busy night, check out the unique combinations of veggies in the frozen section to build a meal – a quick stir-fry, vegetable soup or stew, or a frittata.
- Pizza for breakfast? Sure! Top a toasted English muffin with tomato sauce, a scrambled egg and fresh spinach. Add grated Mozzarella and melt.
- Make a dried fruit and nut mix for snacks. They make great gifts too. Include dried apples, apricots, cranberries, peaches, pears, cherries and mixed nuts.



Adapted from “Eat a Colorful Variety Everyday” from the Produce for Better Health Foundation. Created by AmeriCorps member Amy Houser

