Eat a Rainbow: Colorful, Seasonal Fruits and Veggies
These slides were created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life® Initiative.
Agenda

• Introduction
• Reasons to Add Color
• Ways to Add Color
• Taste the Rainbow Recipe
• Goal Setting
Learning Objectives

• Explain why eating a rainbow of produce is important.
• Learn tips on how to eat seasonally.
• Try new colorful produce.
Ice Breaker
Why are colorful, nutritious, and delicious foods so important?
Five Reasons To Add Color

1. Full of the good
   - **Beneficial** nutrients
   - Power **boost**

2. Free of the bad
   - No trans-fat
   - Low in sodium
   - Contains **natural** sugars
   - Eat **whole** fruits and vegetables
     - Not juice
Five Reasons To Add Color

3. Will not weigh you down
   • High in fiber and keeps you full
   • Helps manage weight

4. Super flexible superfoods
   • Fresh, frozen, or canned
   • Raw, cooked, whole, or chopped
   • Alone or mixed in

5. Whole-body health boost
   • Lower risk of disease
Which fruits and vegetables are best?

Canned

Frozen

Fresh
All Fruits and Veggies are Good!

• Half of the plate should be fruits and vegetables
• Canned, fresh, and frozen are all good
All Fruits and Veggies are Good!

- Seasonal vegetables cost less and are more fresh

<table>
<thead>
<tr>
<th>Spring</th>
<th>Summer</th>
<th>Fall</th>
<th>Winter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peas</td>
<td>Corn</td>
<td>Apples, Grapes</td>
<td>Beets</td>
</tr>
<tr>
<td>Radish</td>
<td>Berries</td>
<td>Sweet Potato</td>
<td>Oranges</td>
</tr>
</tbody>
</table>
Tips On Choosing Seasonal Produce

Summer – Melon

- Netting (skin) is like corkboard
- Shape is symmetrical / round
- Pale yellow color
- Stem is gone
Tips On Choosing Seasonal Produce

Summer – Corn

• Brown corn silk is lush and fresh
Tips On Choosing Seasonal Produce

Winter – Root Vegetables

• Beets and Carrots
  - Choose green fresh leaves
  - Remove leaves at home right away

**TIP:** “Heavy for Size”

- Tomatoes, pineapples, pomegranates, grapes
- The bigger the size = more water and more juicy
5 Main Color Groups

- **Red and Pink**
  - Tomato
  - Strawberry

- **Yellow and Orange**
  - Banana
  - Sweet potato
  - Carrot

- **Green**
  - Kiwi
  - Broccoli

- **Blue and Purple**
  - Blueberries
  - Eggplant

- **White**
  - Mushrooms
  - Potatoes
2 TBSP FAT-FREE FETA CHEESE CRUMBLES
Simple Persian Salad
Simple Persian Salad

Makes 4 servings: 1 cup per serving
Per serving: 88 Calories; 0.5 g Saturated Fat; 86 mg Sodium

Ingredients
- 2 medium cucumbers
- 4 medium tomatoes
- 1 medium red onion
- 1/4 cup fresh parsley or mint, OR 1 tablespoon dried parsley or mint
- Fat-free feta cheese
- Juice from 2 fresh limes
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon black pepper

Tools Needed
- Measuring cups & spoons
- Spoon
- Whisk
- Knife
- Plastic Wrap
- 2 Bowls
- Cutting board
- Refrigerator

Directions

1. Using the cutting board and a knife, seed and dice the cucumbers, and dice the tomatoes and onion.

2. Chop 1/4 cup of fresh mint OR parsley.

3. In a large bowl, stir together cucumbers, tomatoes, onion, mint, and 2 tablespoons of crumbled feta cheese.

4. Cover mixture in the large bowl with plastic wrap and refrigerate for 20 minutes.

5. Cut both limes in half and squeeze all the juice into a glass, careful to keep the seeds out.

6. In a small bowl, whisk together the lime juice, 1 tablespoon olive oil and 1/2 teaspoon pepper until well blended.

7. Pour the dressing over the cucumber mixture, tossing to coat. Serve immediately.

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SEASONS OF EATING

Your heart-healthy recipes will taste even better with seasonal produce.

SPRING
- artichokes, asparagus, carrots, rhubarb, peas, radishes, rhubarb and Swiss chard

SUMMER
- berries, cacti, cucumbers, zucchini, tomatillos, garlic, grapes, green beans, melons, peppers, squash and zucchini

FALL
- apples, Brussels sprouts, zucchini, hard squash (cucurbita), spinach, pumpkins and sweet potatoes

WINTER
- beans, broccoli, brussels sprouts, lettuce, citrus fruit (grapefruits, tangerines, oranges), avocados, sweet potatoes, kohlrabi, mustard greens, kale, mustard greens, spinach and root vegetables (beets, turnips)

KEEP THESE TIPS IN MIND WHEN USING AND SHOPPING FOR SEASONAL PRODUCE:

1. Fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.
2. Shop the farmer’s market to learn more about produce and get ideas on how to prepare foods in season.
3. Gardening gives you fresh, seasonal produce and a little exercise, too. The sense of accomplishment you’ll feel will make that produce taste even better!
4. Frozen, canned and dried fruits and vegetables also can be healthy choices. Compare food labels and choose items with the lowest amounts of sodium and added sugars.
5. Choose canned fruit packed in water, its own juice or light syrup (avoid heavy syrup).
6. Choose canned and frozen vegetables without canning that can be high in sodium and saturated fat.
7. Freeze fresh produce at the peak of its season, so you can add it to soups, salads and breads and enjoy it throughout the year.
Spring

- Leeks
- Fava Beans
- Asparagus
- Green Onion
- Lettuce
- Artichokes
- Carrots
- Peas
- Rhubarb
- Swiss Chard
- Parsnips
- Radishes
- Chives
Fall

- Butternut Squash
- Brussel Sprouts
- Acorn Squash
- Pumpkins
- Sweet Potatoes
- Spaghetti Squash
- Pears
- Apples
Tips For Buying Seasonal Produce

1. Less expensive during harvest season
2. Visit the farmers’ market
3. Gardening gives you fresh produce and encourages physical activity
4. Frozen, canned, and dried fruits and vegetables are healthy options
5. Choose canned fruit packed in water or juice
6. Choose low-sodium and low-fat canned and frozen vegetables
7. Freeze fresh produce when it is in season
5 reasons to add color handout

1. Full of the Good

Fruit and vegetables are packed with nutritious ingredients, including vitamins, minerals, healthy fats, and protein. They are also an excellent source of antioxidants, reducing the risk of chronic disease.

2. Free of the Bad

Fruit and vegetables are generally low in fat, sugar, and sodium. They are an excellent choice for people looking to reduce their intake of unhealthy fats and improve their diet.

3. Won’t Weigh You Down

Fruits and vegetables are low in calories, making them the perfect choice for those who are trying to lose weight. They can be added to salads, smoothies, or enjoyed on their own as a healthy snack.

4. Super Flexible. Super Foods

All fruits and vegetables are versatile, and can be enjoyed raw, cooked, or pureed. They are also a great way to add color and flavor to your meals.

5. A Whole Body Health Boost

A healthy, colorful diet is associated with a lower risk of heart disease, cancer, and other chronic diseases. It also helps to maintain a healthy weight and can improve digestive health.

Turns out mom was right. We need to eat our fruits and veggies. But why are these colors so nutritious and delicious? So, important!
EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.
What are your SMART goals?

Specific | Measurable | Attainable | Relevant | Time-Based
SMART Goal Example

**Goal:** I will eat more fruits and vegetables.

**SMART Goal:** I will eat at least 1 fruit and 1 vegetable at every meal 5 days a week, Mondays - Fridays.
SMART Goals

Step 1: Specific
What do I want to accomplish?

Step 2: Measurable
How will I know when I reach my goal?

Step 3: Attainable
How can this goal be met?

Step 4: Relevant
Will this goal help me reach my long-term goals?

Step 5: Time-Based
When will this goal be met?
Questions?
Thank You!