

Eat Right with Color

National Nutrition Month® is a nutrition campaign released annually in March by the American Dietetic Association. The campaigns focus attention on the importance of making healthy food choices for people of all ages.

“Eat Right with Color” is the 2011 theme. The message encourages a plate of colorful food at every meal.

Why eat a colorful meal?

A plate of fruits, vegetables, whole grains, lean proteins and low-fat dairy provide both color and nutrition. A color filled meal helps provide vitamins, minerals and nutrients that your body needs to survive and thrive. Colorful foods may promote healthy vision, reduce cancer risks, maintain heart health, improve immune system and have anti-aging benefits such as slowing of memory loss.



Fruits and vegetables provide instant color and are nutrition powerhouses. Remember they can be enjoyed fresh, frozen, canned or dried.

Add some color:

Green

- *Use spinach on sandwiches in place of lettuce.
- *Top green apple slices with peanut butter for an afternoon snack.



Orange or Deep Yellow

- *Add sweet potatoes to white potatoes when mashing for a splash of color and additional nutrition.
- *Use shredded carrots as a salad topping.

Purple or Blue

- *Freeze blueberries when in season to enjoy all year long.
- *Try purple flesh potatoes.

Red

- *Add dried cranberries to your oatmeal while cooking.
- *Toss strawberries and spinach together for a summer salad.



White, Tan or Brown

- *Mix white and yellow corn for added color and nutrients.
- *Add fresh mushrooms to your favorite salad.

What color is on your plate?

Let's think about a meal consisting of a baked pork chop with gravy, white rice and steamed cauliflower. Although this meal has a variety of food groups, it is very plain.

Again using the same food groups, let's paint a colorful plate with a baked pork chop topped with diced tomatoes, wild rice and a vegetable medley of cauliflower, broccoli and carrots. Now you have a variety of color and added nutrients while using the same food groups.



What else can I do?

Choose Whole Grains. Look at the ingredient list for the word “whole”. Brown color is not an indication of whole grains.



Tips for adding whole grains to your plate:

- Enjoy oatmeal topped with fruit for breakfast.
- Use whole-wheat bread, rolls, English muffins, and bagels.
- Replace white rice with brown rice or wild rice. Add to soups, stews and casseroles.
- Try whole-wheat pasta.

Choose Low-Fat Dairy. Receive all the nutrition without all the saturated fat and cholesterol. **NOTE**, 2% or reduced fat dairy is NOT low-fat. Look for 1%, low-fat or skim on the labels.

Tips for adding low-fat dairy to your plate:

- Replace whole milk with 1% or fat free milk.
- Cook with low-fat milk – use in oatmeal, pudding, or add to soup.
- Sprinkle low-fat cheese on your favorite steamed vegetable.

