



## Scale Back Alabama 2017: Health Tip - Week 3

# EAT A RAINBOW

The catchphrase “Eat a Rainbow” can help remind you to fill half your plate, and your diet, with a variety of colorful fruits and vegetables. Eating fruits and vegetables in a variety of colors will provide more of the vitamins and minerals your body needs to be healthy. Eating a diet rich in vitamins, minerals, and fiber can help prevent chronic disease, protect against cancer, maintain healthy blood pressure, keep eyes and skin healthy, promote healthy teeth and gums, and help the body heal faster from sickness or injury. An added BONUS to filling your plate with half fruits and vegetables can be a decreased waist line. Use the chart below to identify colorful produce. For additional resources on eating your rainbow, click [here](#).

Color	Fruit	Vegetable
Red	Red apple, pomegranates, cherries, strawberries, raspberries, pink grapefruit, watermelon	Red bell pepper, beets, radishes
Dark green	Green apple, kiwi, honey dew	Broccoli, green bell peppers, asparagus, brussel sprouts, spinach, zucchini
Yellow/Orange	Apricots, nectarines, bananas, lemons, oranges, tangerines	Squash, carrots, sweet potatoes, pumpkin, butternut squash
Blue/Purple	Blueberries, plums, blackberries, raisins	Eggplant, purple cabbage
White	Pears, white nectarines	Cauliflower, garlic, ginger, mushrooms, jicama

**INCLUSION TIP:** Any way you slice it, fruits and vegetables work together to promote good health! “Eating the Rainbow” of fruits and vegetables also helps to increase your daily fiber intake which is important for those who use a wheelchair or have limited mobility for ambulation due to higher prevalence of a seated position throughout the day. Ensuring that you have an adequate amount of fiber along with [water intake](#) and physical activity will help your body function properly. Whenever possible eat the edible skins on fruits and vegetables such as apples, pears, cucumbers, and tomatoes to increase fiber intake and nutrients.

**MYTH:** Frozen fruits and vegetables aren’t as nutritious as fresh.

**FACT:** Fresh locally grown fruits and vegetables are the preferred sources for nutrient dense foods, but shopping in the frozen food section can yield very similar nutritional content. Frozen foods are picked at peak ripeness and quickly frozen, capturing the same nutrient dense qualities. Frozen foods can save you time since they are already chopped and ready to eat, and save you money by eliminating spoilage.

### WEEKLY RECIPE:

[Smokey Rainbow Chili](#)

### HEALTHY LIFESTYLE BEHAVIORS TRACKER:

*(check when behavior added)*

- Set SMART Goal
- Exercise – Be FITT
- “Eat A Rainbow”

## FAMILY FOCUS

Involve the kids in the shopping fun and find out of which foods they want to eat from each color group of the rainbow. Kids love to help in the kitchen, and are more willing to try new foods if they helped prepare them. Just have fun and create your family’s rainbow together!