

REASONS TO ADD COLOR



Turns out mom was right. We need to eat our fruits and veggies. But why are these colorful, nutritious and delicious foods so important?

1. FULL OF THE GOOD



Fruits and vegetables provide many beneficial nutrients, including vitamins, minerals, healthy fats, protein, calcium, fiber, antioxidants and phytonutrients. Add fruits and veggies to meals and snacks for a nutritional power boost.

2. FREE OF THE BAD



Fruits and vegetables typically contain no trans fat, low saturated fat and very little or no sodium. The natural sugars they contain don't affect your health the same way added sugars do, especially if you eat the whole fruit or vegetable and not just the juice.

3. WON'T WEIGH YOU DOWN



Fruits and vegetables tend to be low in calories, so they can help you manage your weight while still filling you up, thanks to the fiber and water they contain. Replacing higher-calorie foods with fruits and vegetables is an easy first step to a healthier eating plan.

4. SUPER FLEXIBLE SUPER FOODS



All forms of fruits and vegetables – fresh, frozen, canned, dried and 100% juice – can be part of a healthy diet. They can be eaten raw or cooked, whole or chopped, organic or not, and alone or in combination with other foods. They are among the most versatile, convenient and affordable foods you can eat.

5. A WHOLE BODY HEALTH BOOST



A healthy eating plan rich in fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, stroke, obesity, high blood pressure, high blood cholesterol, diabetes, kidney disease, osteoporosis and some types of cancer. They're also essential to many daily functions of a healthy body.

heart.org/addcolor
#ADDCOLOR



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.



Healthy For Good™

RED & PINK

- beets
- cherries
- cranberries
- pink grapefruit
- pomegranates
- red radishes
- raspberries
- red apples
- red grapes
- red peppers
- red potatoes
- rhubarb
- strawberries
- tomatoes
- watermelons

BLUE & PURPLE

- blackberries
- blueberries
- eggplants
- grapes
- plums
- prunes
- purple figs
- purple onions
- radicchio



YELLOW & ORANGE

- acorn squash
- butternut squash
- apricots
- cantaloupes
- carrots
- corn
- grapefruit
- lemons
- mangoes
- nectarines
- oranges
- orange peppers
- papayas
- peaches
- pineapples
- pumpkins
- summer squash
- sweet potatoes
- tangerines
- yams
- yellow apples
- yellow peppers
- yellow squash

WHITE & BROWN

- bananas
- brown pears
- cauliflower
- currants
- dates
- garlic
- Jerusalem artichokes
- mushrooms
- onions
- potatoes
- parsnips
- raisins
- shallots
- turnips

GREEN

- artichokes
- asparagus
- avocados
- bok choy
- broccoli
- Brussels sprouts
- celery
- collard greens
- cucumbers
- green beans
- green cabbage
- green grapes
- green onions
- green peppers
- kale
- kiwis
- leeks
- limes
- mustard greens
- okra
- pears
- peas
- romaine lettuce
- snow peas
- spinach
- sugar snap peas
- watercress
- zucchini

For more tips and tricks on adding color to your plate, visit HEART.ORG/ADDCOLOR

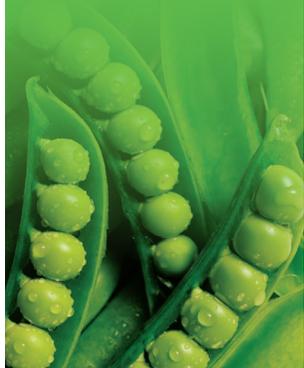
EAT SMART ADD COLOR MOVE MORE BE WELL

SEASONS **OF EATING**

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

SPRING SUMMER FALL WINTER

artichokes, asparagus, carrots, chives, fava beans, green onions, leeks, lettuce, parsnips, peas, radishes, rhubarb and Swiss chard



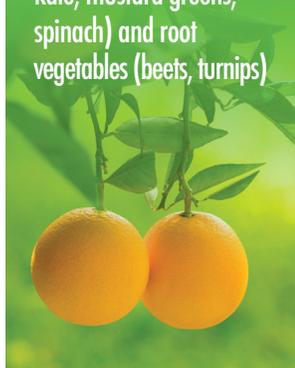
berries, corn, cucumbers, eggplant, figs, garlic, grapes, green beans, melons, peppers (sweet and hot), stone fruit (apricots, cherries, nectarines, peaches, plums), summer squash, tomatoes and zucchini



apples, brussels sprouts, dates, hard squash (acorn, butternut, spaghetti), pears, pumpkins and sweet potatoes



bok choy, broccoli, cauliflower, celery, citrus fruit (clementines, grapefruit, lemons, limes, oranges, tangerines), collard greens, endive, leafy greens (collards, 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 farmers' 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 sauces 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 smoothies, soups and breads and enjoy it throughout the year.

Simple Persian Salad



Per serving:
88 Calories
0.5 g Sat. Fat
86 mg Sodium
\$1.77

Makes 4 servings

Serve this tasty Middle Eastern salad featuring cucumbers, onion, mint, feta cheese, and citrus juice.

INGREDIENTS

- 2 medium cucumbers, seeded and diced
- 4 medium tomatoes, diced
- 1 medium red onion, diced
- ¼ cup chopped fresh mint or parsley **or** 1 Tbsp. dried mint or parsley, crumbled
- 2 Tbsp. fat-free feta cheese, crumbled
- Juice from 2 fresh limes
- 1 Tbsp. extra-virgin olive oil
- ½ tsp. black pepper

DIRECTIONS

1. In a large bowl, stir together the cucumbers, tomatoes, onion, mint, and feta. Cover and refrigerate for 20 minutes.
2. In a small bowl, whisk together the lime juice, oil, and pepper until well blended.
3. Pour the dressing over the cucumber mixture, tossing to coat. Serve immediately.

recipes.heart.org/recipes/1103/simple-persian-salad

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