

## Eat Right with Color!

Fruits and vegetables add color, texture and taste to just about any meal. Eat as many colors as you can to make the most of the fruits and vegetables you eat. The mix of colors reminds us of the varying vitamins, minerals and antioxidants found in fruits and vegetables.

Blue and purple fruits and vegetables contain nutrients that reduce cancer risks, lower blood pressure and cholesterol levels, boost the immune system, fight inflammation and help digestion.

Blue and purple foods get their colors from a unique set of flavanoids called anthocyanins. A deeper color means more flavanoids, so more benefits for your health. Blueberries have the highest amount of anthocyanins.

### Fruits

Black currants  
Blackberries  
Blueberries  
Dried plums  
Elderberries  
Grapes  
Plums  
Pomegranates  
Prunes  
Raisins

### Vegetables

Eggplant  
Belgian endive  
Purple potatoes  
Purple asparagus  
Red cabbage  
Purple carrots  
Purple peppers



National Nutrition Month® 2011

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## Top 10 Ways to Enjoy Blueberries

- 10 A sweet salad. Make a salad by topping spinach leaves with blueberries, nuts, strawberries, mandarin oranges and a light Vidalia onion dressing.
- 9 Pancakes & waffles. Add fresh blueberries to your whole wheat pancake or waffle batter.
- 8 Blue juice. Blend blackberries, blueberries and a splash of orange juice in a blender and add some blue to your day!
- 7 Blueberries & bran. Add fresh blueberries to a bran muffin mix. Bake and enjoy.
- 6 Top your oatmeal.
- 5 Fruit kabobs. Make fruit kabobs by stacking blueberries, kiwi and strawberries on toothpicks. Dip in vanilla yogurt.
- 4 Blue smoothie. Mix milk, low fat frozen vanilla yogurt and blueberries in a blender for a tasty blue treat.
- 3 Parfait. Layer blueberries, low fat vanilla yogurt, low fat granola and pineapple to make a delicious snack.
- 2 Pizza. Spread cream cheese thinned with some vanilla yogurt on a premade pizza crust. Top with sliced bananas, blueberries and your favorite fruit. Slice and eat.
- 1 Just pop a few. Then a few more!  
They're delicious as is.

From [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)