

# Eat a Rainbow: Colorful, Seasonal Fruits and Veggies

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**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<sup>®</sup> 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

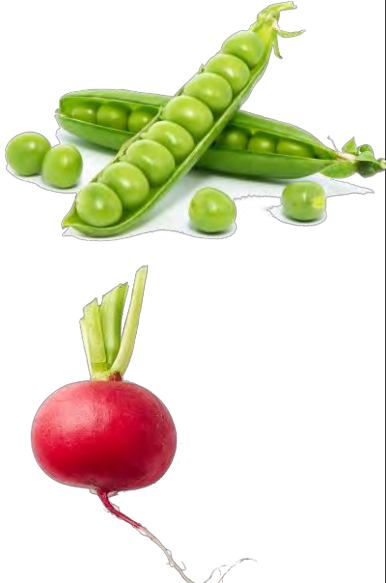
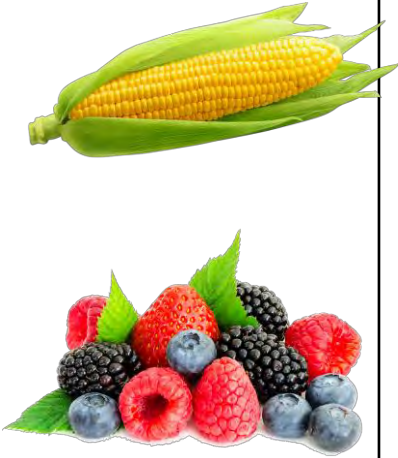




# All Fruits and Veggies are Good!

- Half of the plate should be fruits and vegetables
- Canned, fresh, and frozen are all good



# All Fruits and Veggies are Good!

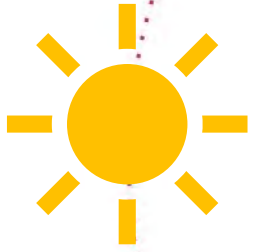
- Seasonal vegetables cost less and are more fresh

Spring	Summer	Fall	Winter
		 	 



# Tips On Choosing Seasonal Produce

## Summer – Melon

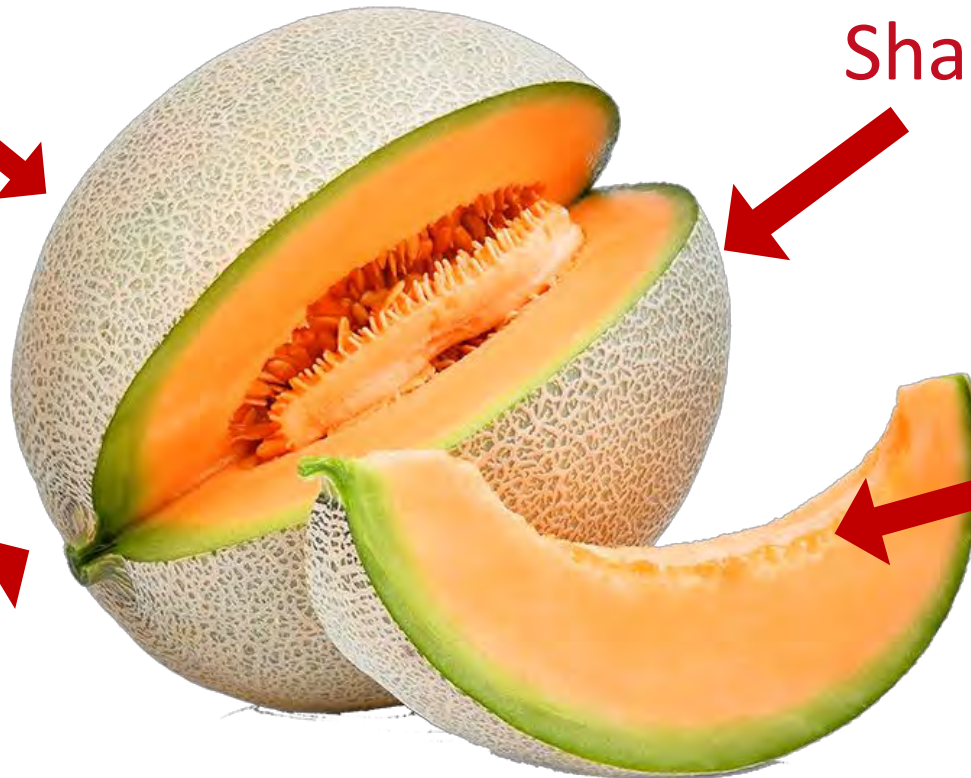


Netting (skin) is like corkboard

Shape is symmetrical / round

Pale yellow color

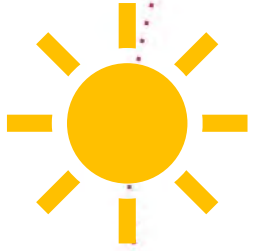
Stem is gone



# 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



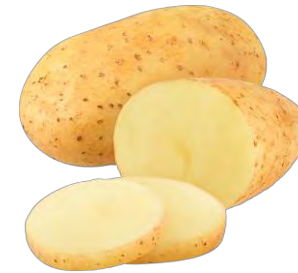
## Blue and Purple



## Yellow and Orange



## White



## Green





**2 TBSP  
FAT-FREE  
HEIA CHEESE  
GRANULES**



# 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.



1/4 cup

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 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)



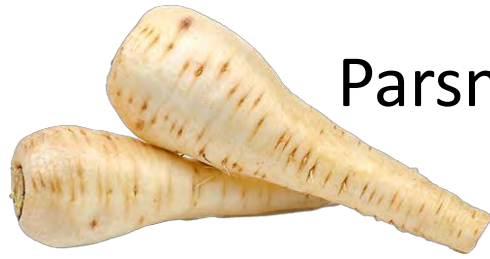
### KEEP THESE TIPS IN MIND WHEN USING AND SHOPPING FOR SEASONAL PRODUCE:

- 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.

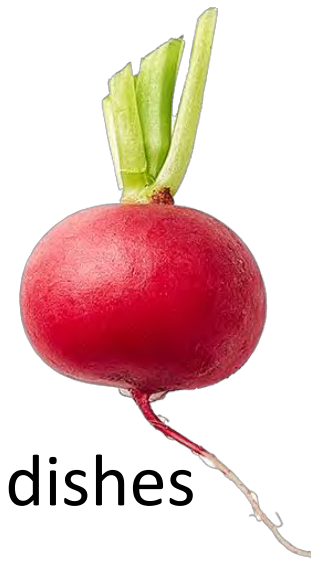
# Spring



Fava Beans



Parsnips



Radishes



Rhubarb



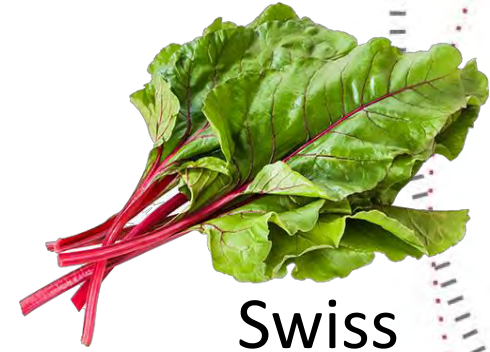
Leeks



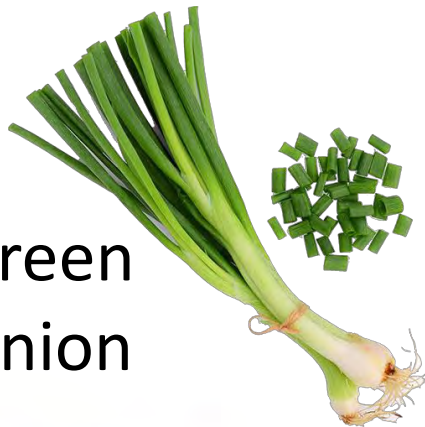
Artichokes



Carrots



Swiss Chard



Green Onion



Lettuce



Asparagus



Peas



Chives



# Summer



Grapes



Corn



Nectarine

## Summer Squash & Zucchini



Berries



Green Beans



Eggplants



Tomatoes



Garlic



Cherries



Peaches



Melon



Plums

Figs



Apricots



Cucumbers



Peppers

 **Fall**



Butternut Squash



Brussel Sprouts



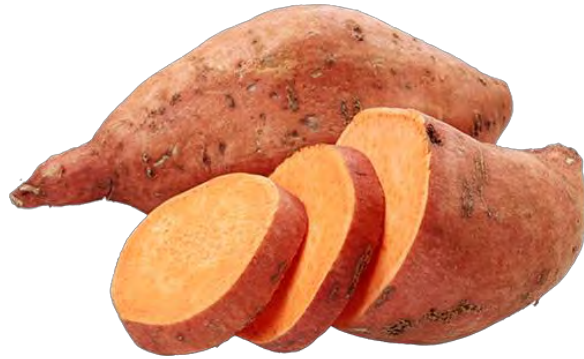
Acorn Squash



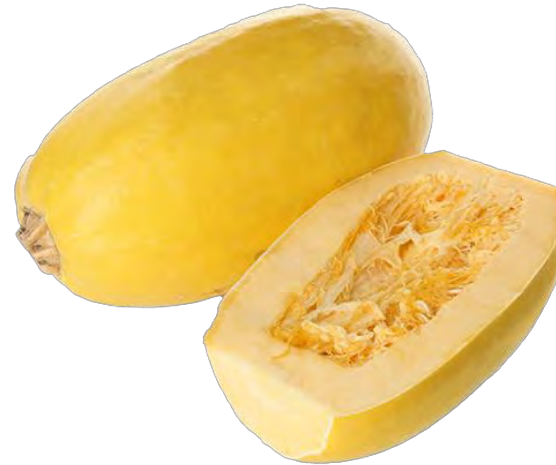
Pumpkins



Pears



Sweet Potatoes



Spaghetti Squash



Apples



# Winter



Citrus Fruit



Bok Choy



Endive



Spinach



Collard Greens



Turnip



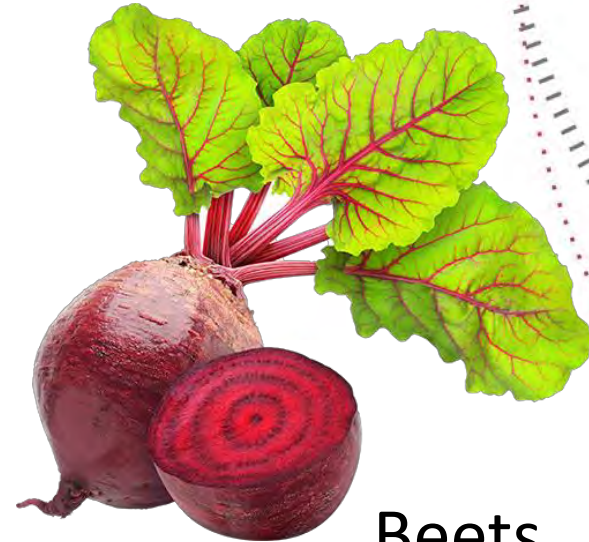
Celery



Broccoli



Kale



Beets



Cauliflower

# 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



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](http://heart.org/addcolor)  
#ADDCOLOR



## BLUE & PURPLE

blackberries  
blueberries  
black currants  
dates  
eggplants  
grapes

plums  
prunes  
purple figs  
raisins

## RED & PINK

beets  
cherries  
cranberries  
pink grapefruit

pomegranates  
radicchio  
red radishes  
red apples  
red grapes  
red peppers  
red potatoes  
rhubarbs  
strawberries  
tomatoes  
watermelons



# 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.

## 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

## ORANGE & YELLOW

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

bananas  
cauliflower  
garlic  
Jerusalem  
artichokes

mushrooms  
onions  
potatoes  
parsnips  
shallots

# SMART

What are your **SMART** goals?

<b>Specific</b>	<b>Measurable</b>	<b>Attainable</b>	<b>Relevant</b>	<b>Time-Based</b>
				



# 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

**My Goal**


**Step 5**

**Time-Based**

When will this goal be met?




**Step 4**

**Relevant**

Will this goal help me reach my long-term goals?


**Step 3**

**Attainable**

How can this goal be met?


**Step 2**

**Measurable**

How will I know when I reach my goal?




**Step 1**

**Specific**

What do I want to accomplish?


**Questions?**

# Thank You!

