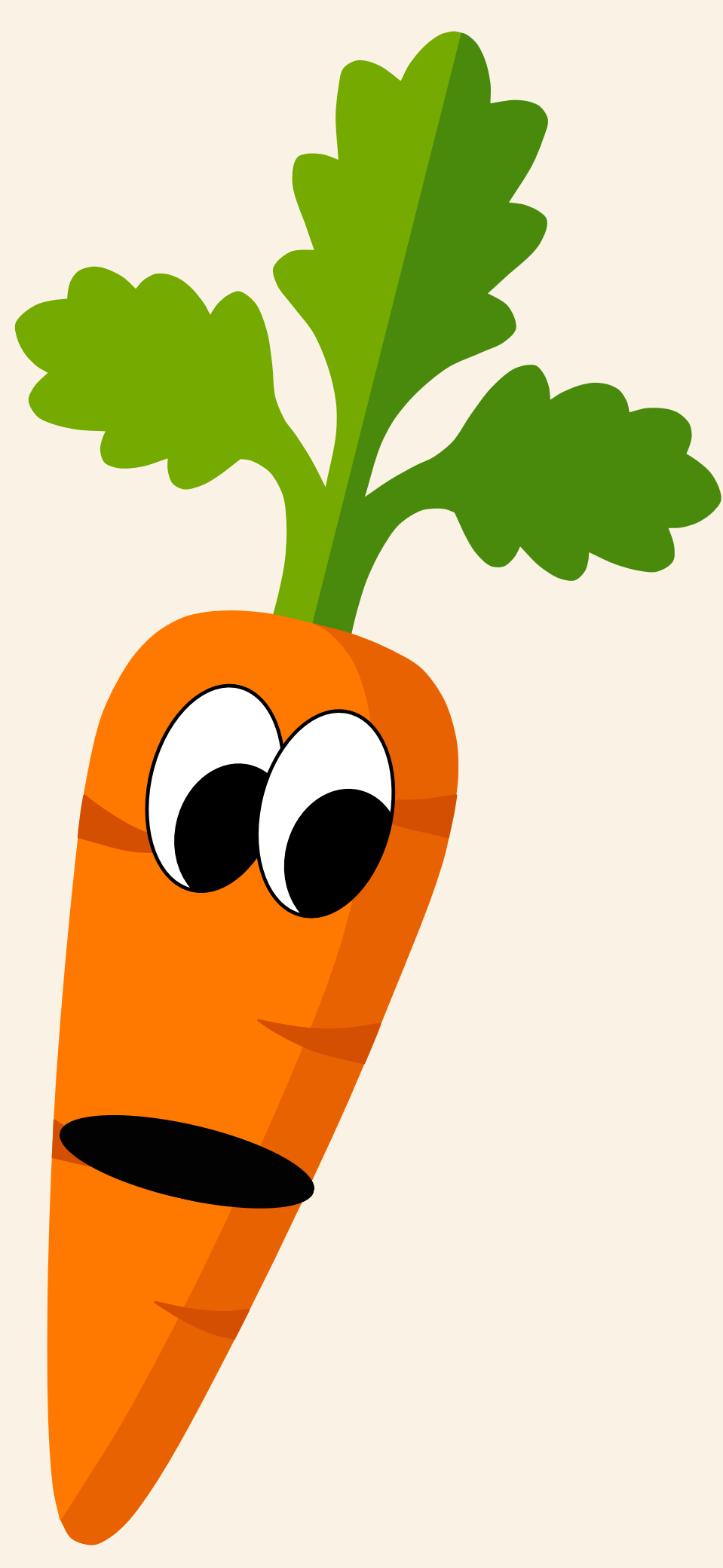


Eat the Rainbow



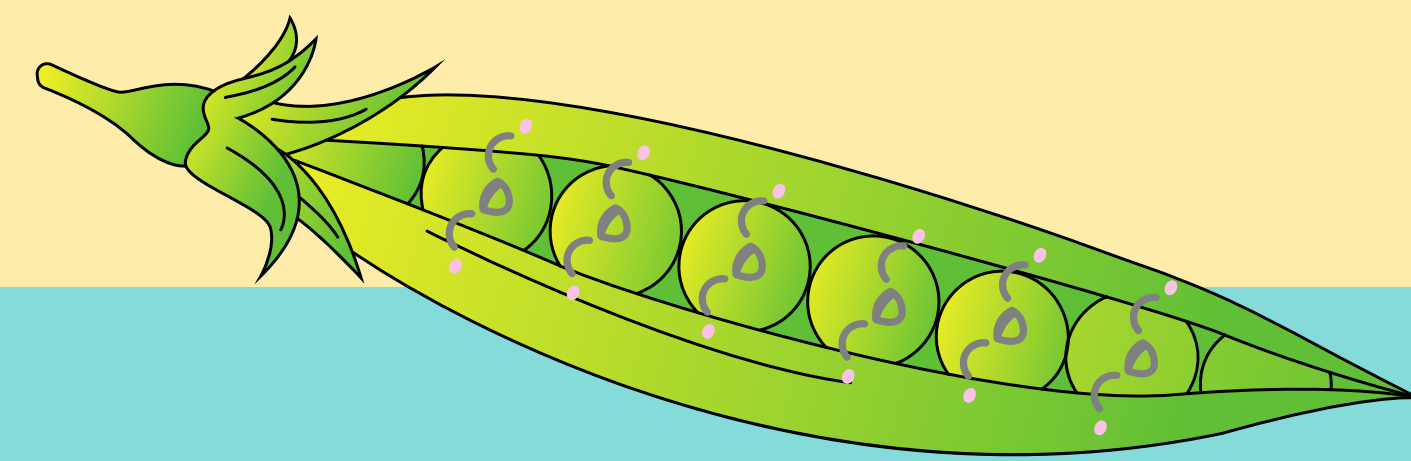
A Guide to a Colorful and Healthy Diet

Eat a diverse selection of fruits and vegetables to guarantee a well-rounded intake of essential nutrients.

Varied colors in your diet can help you obtain a wide range of vitamins, minerals, and antioxidants, supporting overall well-being.



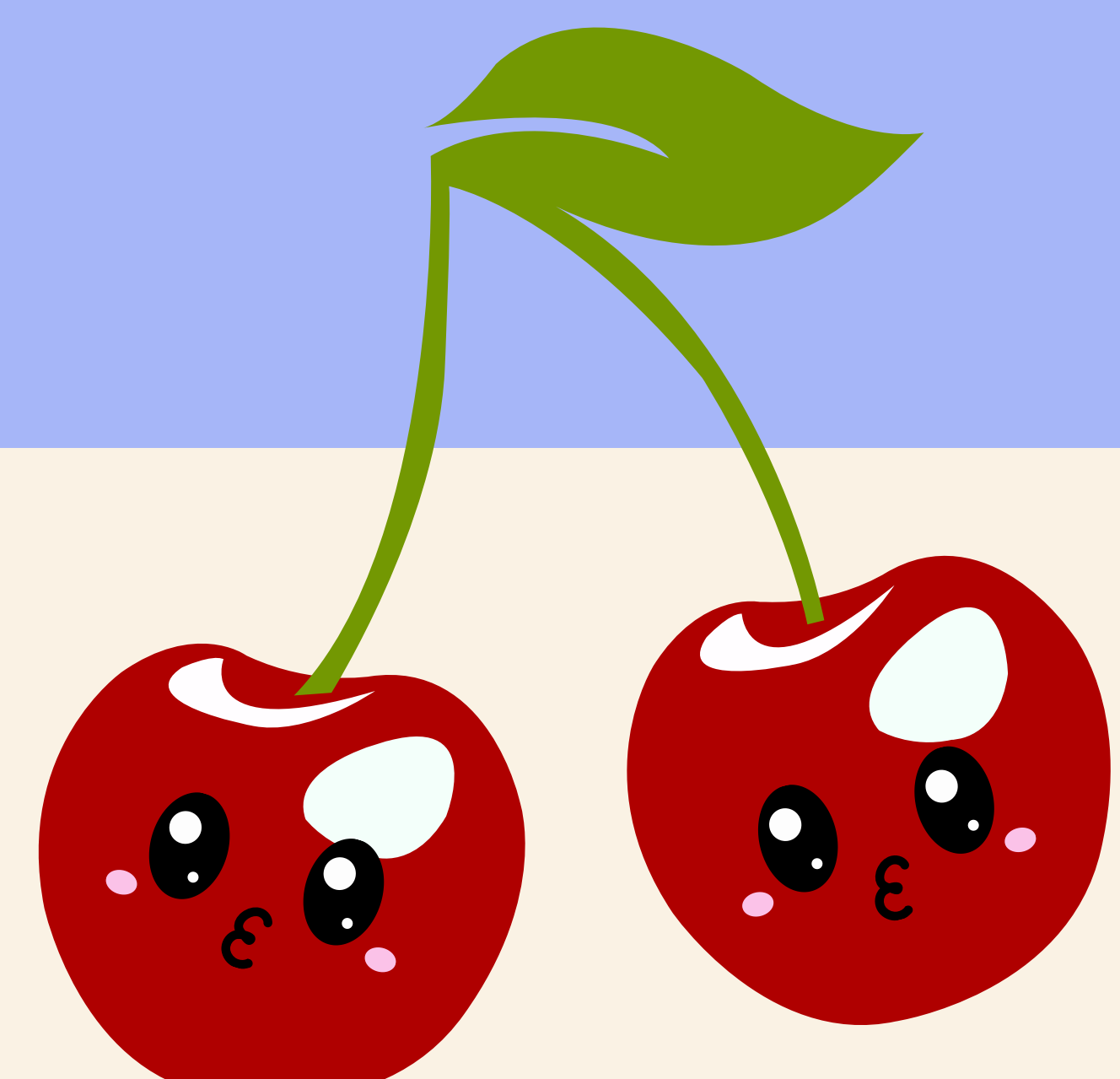
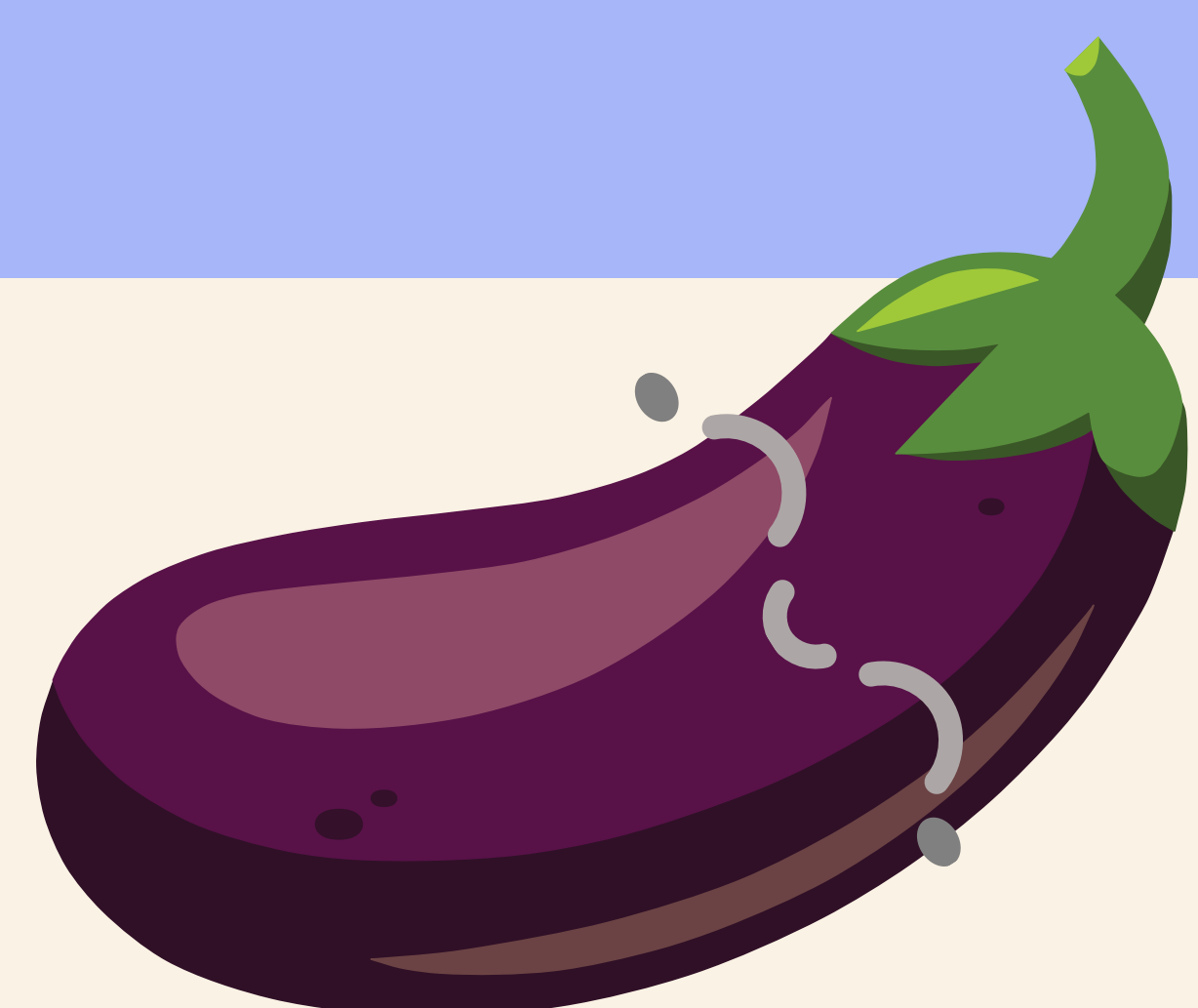
A colorful diet can make meals more visually appealing for your kids, enhancing the overall eating experience and potentially promoting acceptance of more foods.



Different colors can help satisfy taste preferences and prevent food boredom, making it easier to maintain a nutritious and balanced diet.

Colorful foods can be low in calories and high in fiber, helping with satiety and portion control, meaning a healthier diet and food choices.

Consuming a variety of colorful foods can help reduce the lifetime risk of chronic diseases and support a balanced, nutritionally rich diet.



RAINBOW FRUIT SALAD

SERVES
2-3 people

PREPARATION TIME
15-20 minutes

CHILLING TIME
30 minutes

INGREDIENTS

To make your rainbow fruit salad, select 1 to 2 fruits for each color category.

Note: This is a **FLEXIBLE** recipe! The fruits to the right are examples, but you can use whatever fruit you have in your kitchen! You can also use fresh, frozen, or canned fruit (or a combination of all three).

Red

- Strawberries (1 cup, sliced)
- Cherries (1 cup, pitted)
- Watermelon (1 cup, cubed)
- Raspberries (1 cup)
- Red apples (1, diced)

Orange

- Oranges (2, peeled and segmented)
- Mango (1, peeled and diced)
- Cantaloupe (1 cup, cubed)
- Papaya (1 cup, cubed)
- Apricots (4, sliced)

Yellow

- Pineapple (1 cup, cubed)
- Mango (1, peeled and diced)
- Banana (1, sliced)
- Yellow plums (4, sliced)

Green

- Kiwi (2, peeled and sliced)
- Green grapes (1 cup)
- Honeydew melon (1 cup, cubed)
- Green apples (1, diced)
- Avocado (1, diced)

Blue/Purple

- Blueberries (1 cup)
- Blackberries (1 cup)
- Purple grapes (1 cup)
- Plums (2, sliced)
- Figs (4, quartered)

Optional Dressing

- Fresh mint leaves (for garnish)
- Lemon juice (2 tablespoons, for dressing)
- Honey (2 tablespoons, for dressing)

INSTRUCTIONS

1. Wash and prepare all fruits as indicated in the ingredients section above.
2. In a large bowl, combine the fruits according to their respective color sections.
3. Optional step:
 - ~ In a separate small bowl, whisk together lemon juice and honey to create a simple dressing.
 - ~ Drizzle the dressing over the fruit salad and gently toss to combine.
 - ~ Garnish with fresh mint leaves.
4. Chill the fruit salad in the refrigerator for at least 30 minutes before serving to allow the flavors to meld together. Then, enjoy your rainbow fruit salad, filled with a variety of colors and flavors!



WHY EAT THE RAINBOW?

Eating fruits from each color of the rainbow is important for a variety of reasons, as different colors signify unique nutrients and health benefits:

Red fruits (e.g., strawberries, cherries, watermelon) are rich in antioxidants like lycopene and vitamin C, which support heart health and reduce the risk of chronic diseases. They also aid in maintaining healthy skin and reducing inflammation.

Orange fruits (e.g., oranges, mango, cantaloupe) are high in vitamin C and beta-carotene, promoting immune function and eye health. They also provide a good source of fiber, aiding in digestion and regulating blood sugar levels.

Yellow fruits (e.g., pineapple, bananas, lemons) contain vitamin C and folate, which are important for cell growth and repair. Some yellow fruits also offer potassium, contributing to heart and muscle health.

Green Fruits (e.g., kiwi, green grapes, honeydew melon) are abundant in vitamins K and E, supporting blood clotting and skin health. They are also high in dietary fiber.

Blue/Purple Fruits (e.g., blueberries, blackberries, grapes) are known for their powerful antioxidants, which protect against cell damage. They can also promote brain health, reduce inflammation, and may improve memory.

