

# A Rainbow of Natural Goodness

Summer is only weeks away, and backyards are blooming with color! If you don't have a home garden, buying fruits and vegetables in season from the grocery store can be a cost-effective way to increase variety, color, and nutrients in your diet. Organic and non-organic fruits and vegetables are similar nutritionally. However, if you are concerned about pesticides and residues on fresh produce, wash your produce well and choose organic fruits and vegetables that are eaten with the skin — such as apples, pears, cucumbers, and tomatoes.

## Beneficial and Colorful!

Adding color to your plate will not only lift your spirit but also your health. Fill half your plate with fruits and vegetables. Getting enough fruits and vegetables ensures adequate potassium, fiber, vitamin A, vitamin C, and important antioxidants in your diet. These helpful nutrients promote heart, bone, and muscle health. And they may help prevent increased risk of heart disease and certain cancers — such as colon and prostate. Fruits and vegetables are also naturally gluten free and are low in sodium and calories, helping with weight management goals.

## Natural Goodness at Breakfast

Good concentration begins with a good breakfast, so try an easy-to-prepare protein and nutrient-rich smoothie. Blend a combination of mango, banana, strawberries and add a splash of plain or vanilla non-fat yogurt. Pour into an ice-filled glass and enjoy! Another good choice at breakfast is to add a combination of fruits to your cereal. Or simply enjoy a banana topped with peanut butter for a quick and nutritious breakfast.

## A Colorful Salad

A colorful spinach and fruit salad can be an appetizing lunch or dinner option for a hot summer day! Add some fresh strawberries, dried cranberries, chopped tomatoes, and cucumbers to a plate of baby spinach. Toss with chicken cubes and slivered almonds. Top with a tablespoon of feta cheese and drizzle with a low-fat dressing of your choice for a tasty, naturally sweet, filling, and nutritious meal!

## Fruity Snacks and Healthy Desserts

Re-fuel during the day with a fruity snack or settle down in the evening with a healthful dessert! Try a combination of fresh fruits with a dollop of low-fat cottage cheese or a wheel of vegetables and some low-fat dip for a great snack! A handful of nuts and dried fruits can be a good choice for “on-the-go” or “at-my-desk” snacking! A bowl of diced fruit topped with low-fat or non-fat whipped topping and garnished with chopped walnuts can be a deliciously healthy dessert!

Color your plate with a variety of fruits and vegetables. Add a rainbow of color to your meals every day and fill half of your plate with fruits and vegetables for a healthy balance.

Look for the following Keys to Better Health™ while shopping:

- Organic
- Heart Health
- Low Sodium
- Gluten Free

