

Paint your Plate!

Eating a rainbow of fruits and vegetables can help support your health

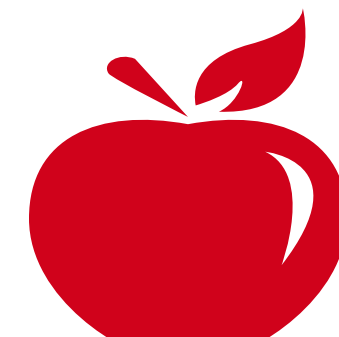
Did you know?



Studies have shown that eating a diet rich in minimally processed fruits and vegetables, whole grains, nuts, and seeds can help reduce the risk of chronic diseases such as heart disease, diabetes, high blood pressure, and several types of cancer.

Fruits and vegetables contain many vitamins and minerals our bodies need. Learn more about how eating a variety of colorful plant-based foods can help support whole-body health below!

Red Vegetables: tomatoes, red peppers, red cabbage, beets Fruits: strawberries, watermelon, cherries, raspberries, apples



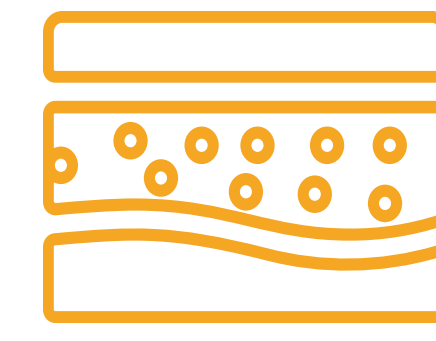
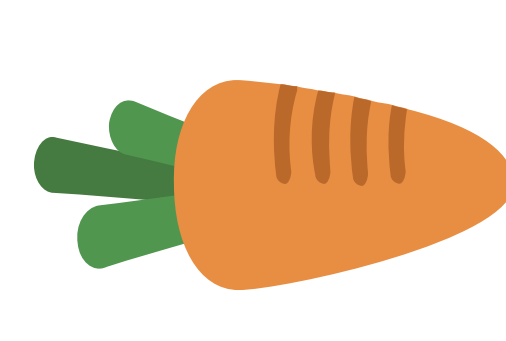
About

- Color comes from lycopene, an antioxidant
- Many red foods are high in vitamin A, vitamin C, manganese, and fiber
- Tip: Tomatoes are a good source of vitamin C, potassium, and iron

Benefits

- Protect against heart disease
- Help reduce high blood pressure
- Help reduce high cholesterol
- May reduce risk of some kinds of cancer

Orange/Yellow Vegetables: sweet potato, carrot, corn Fruits: orange, banana, peach, mango



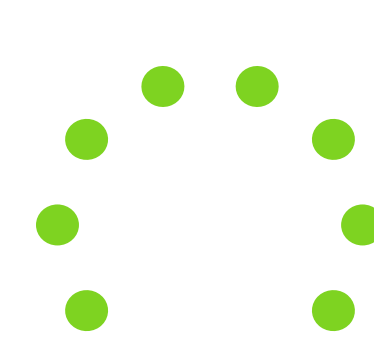
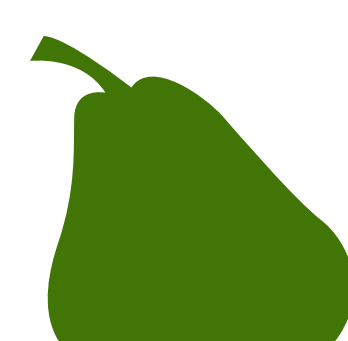
About

- Color comes from antioxidants alpha- and beta-carotene
- Source of vitamin C, B6, potassium, and fiber
- Tip: Sweet potatoes have more potassium than bananas

Benefits

- Protect eye health
- Help maintain healthy skin
- Promote nervous system health
- Improve immune system functioning

Green Vegetables: broccoli, spinach, cabbage, cucumber, peas Fruits: pears, kiwi, lime, avocado, green grapes, honeydew



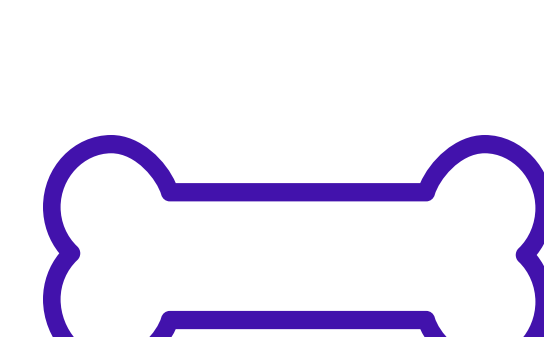
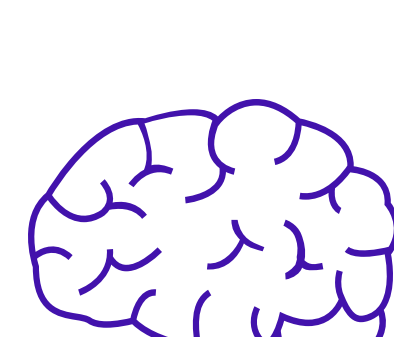
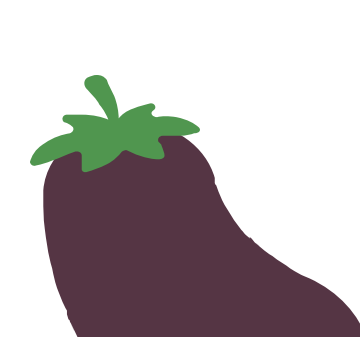
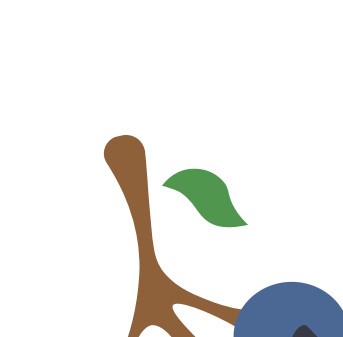
About

- Color comes from a pigment called chlorophyll
- Good source of vitamin K, iron, folate, and calcium
- Tip: 1 cup of cooked swiss chard= your daily needs for vit A, vit K, and half of vit C

Benefits

- Help regulate digestion
- Improve immune system functioning
- Protect against heart disease
- Protect eye health

Blue/Purple Vegetables: eggplant, purple cabbage Fruits: blueberries, blackberries, plums, figs



About

- Color comes from a pigment called anthocyanin
- Good source of vitamin A
- Tip: Purple kale is a great source of vitamin A, C, K, calcium, and potassium

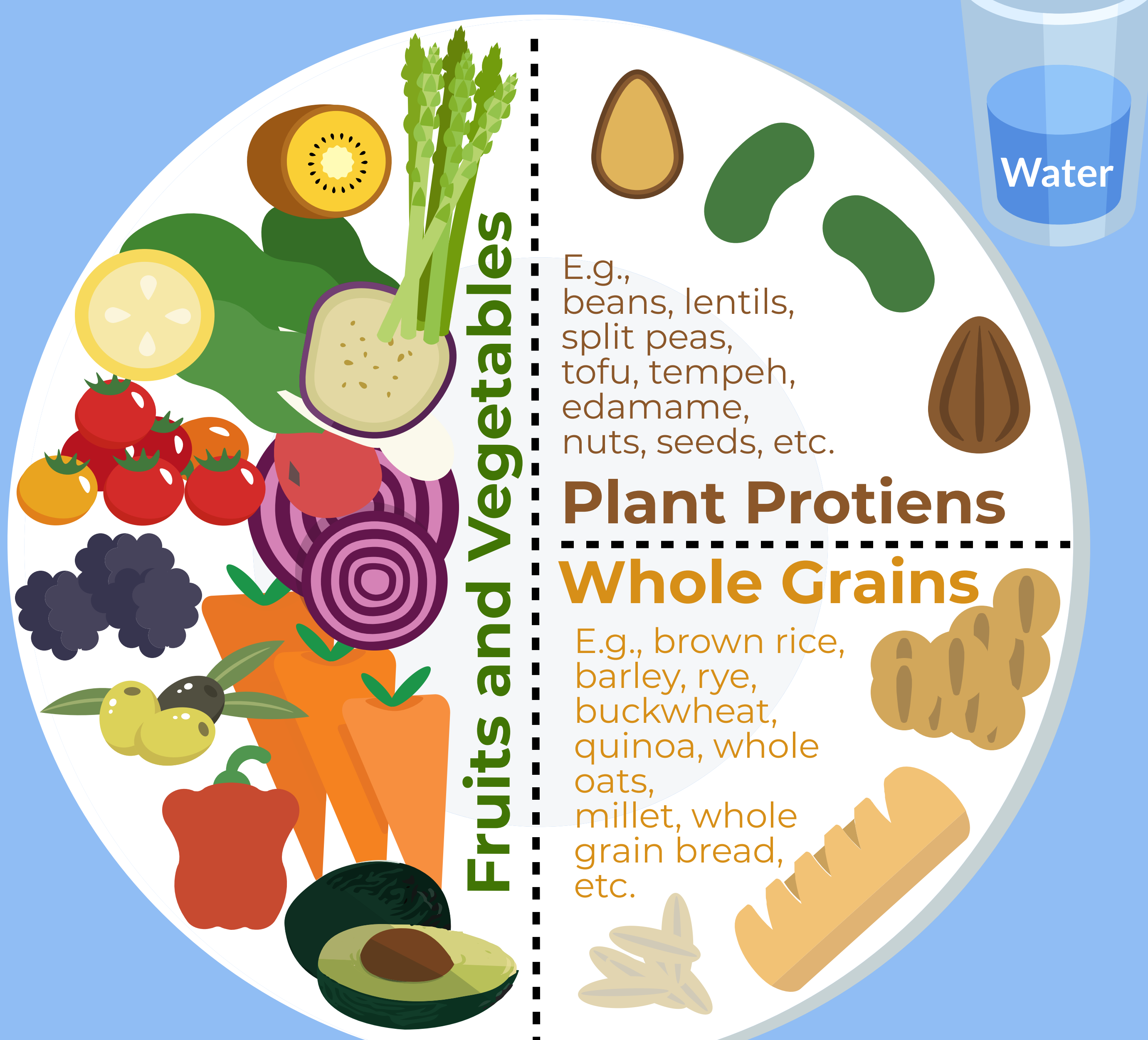
Benefits

- Help support memory and brain function
- May lessen effects of arthritis
- Anti-inflammatory properties

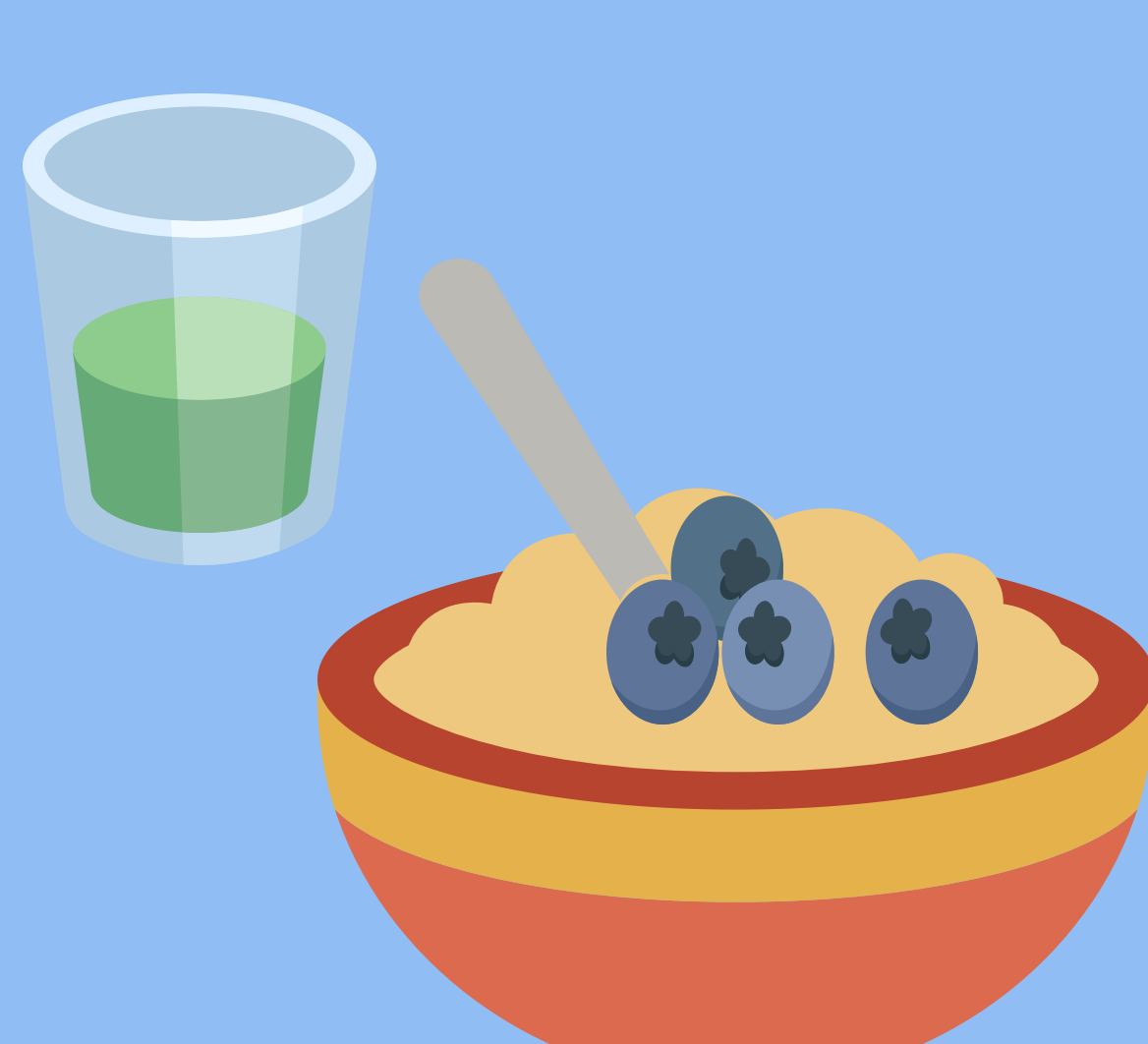
A Plant-based Plate

The American College of Lifestyle Medicine recommends eating a diet based primarily on a variety of minimally processed fruits and vegetables, plant-based proteins, and whole grains.

Use the plate to the right and the recipes below as inspiration for adding a variety of nutrient-dense food to your diet!



Rainbow Recipe Ideas



Breakfast

Start your day off with fiber-rich oatmeal and your favorite fruits. For a quick grab-and-go breakfast, try [baked berry oatmeal](#) or this [blueberry tofu smoothie](#) that provides protein for all-day energy.



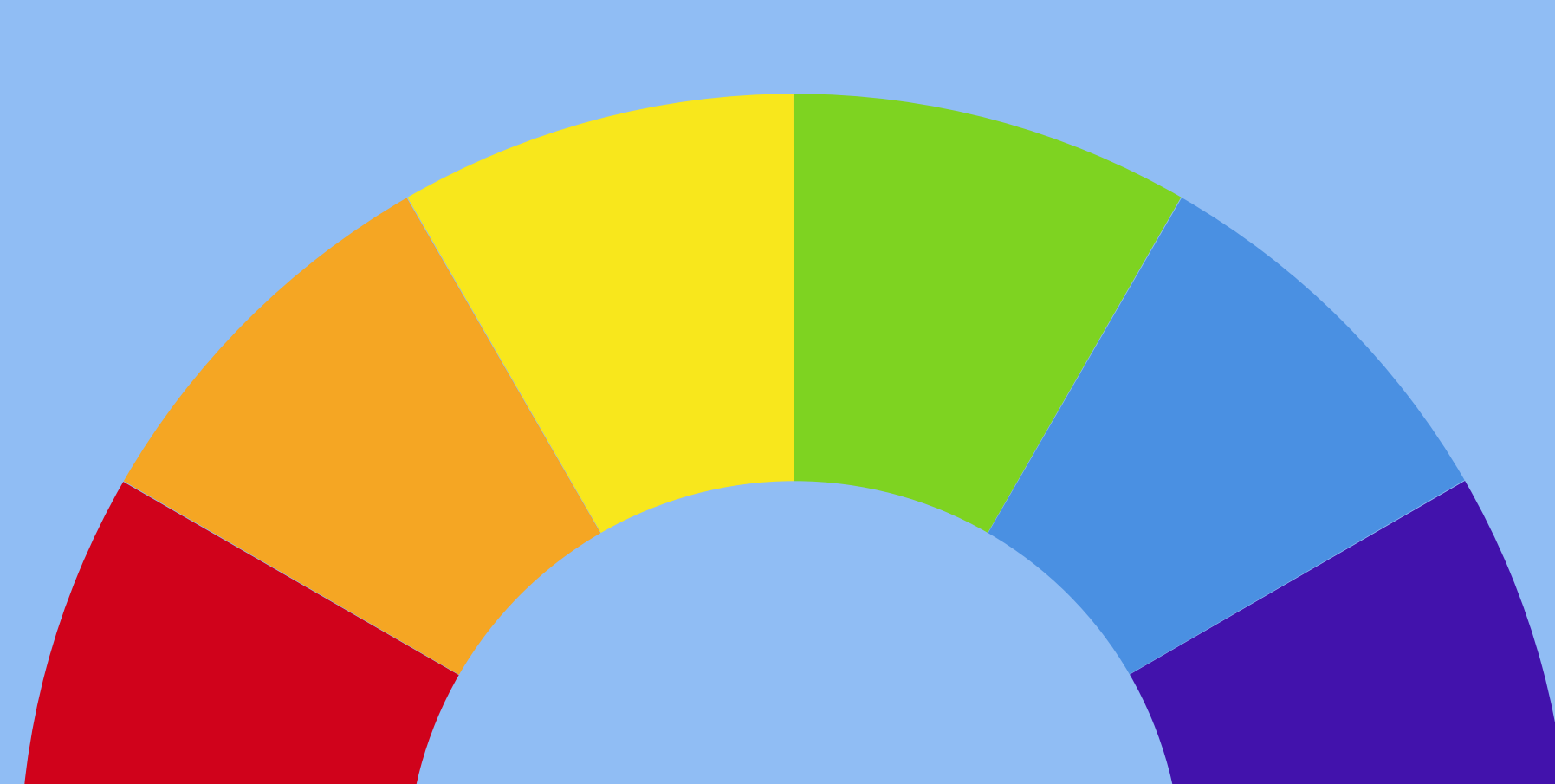
Lunch

Pack your favorite fresh or roasted veggies with hummus on whole-wheat bread for a plant-powered lunch. You can also add some color to your plate with these [veggie quesadillas](#) or [spinach and black bean enchiladas](#).



Dinner

For a hearty dinner, make a stir-fry with your favorite vegetables and serve over brown rice or another whole grain. These [wheat berry salad](#) and [bulger pilaf](#) recipes are also crowd favorites!



References

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