



AHW Lesson 5 - Weeks 9 and 10

Eating the Rainbow

There are over 200 varieties of fruits and vegetables, each with its own unique flavor, color and texture.

Why Fruits and Vegetables?

- Fruits and vegetables are full of vitamins and minerals to help you feel healthy and energized.
- They have fiber, which fills you and helps your digestion and gut health.
- They reduce disease risk, such as heart disease, diabetes, high blood pressure and cancer.
- Fruits and vegetables are nature's convenience food-easy to prepare and eat.
- They are naturally low in calories.
- They add variety, color and appeal to your plate.



Eating Fruits and Vegetables in the winter:

Many people prefer fresh vegetables, but is there anything wrong with frozen and canned vegetables? Actually, besides personal preference, no! Most frozen and canned vegetables and fruits are processed within hours of harvest so their flavor and nutritional value are preserved! Not only do studies show canned and frozen fruits and veggies maintain their nutritional value, but they are also convenient. Canned vegetables are mostly cooked and frozen fruits and veggies are washed, sliced and recipe ready!

How many Fruits and Vegetables?

Maybe you've heard all the reasons before, but Americans are still not eating enough fruits and vegetables. Here is what to aim for:

1 ½ to 2 cups of fruit per day

- This is about 3 servings of fruit daily
- Try ½ cup blueberries with breakfast, 1 peach at lunch, and ½ cup strawberries in the evening

2 to 3 cups of vegetables per day

- This is about 3-5 servings of vegetables per day
- Try ½ cup spinach scrambled with an egg for breakfast, ½ cup carrot and pepper slices in the afternoon, and 1 to 2 cups of colorful mixed salad greens with dinner

A Deeper Understanding

Most of us know we get vitamins and nutrients from fruits and vegetables, and they are healthy for us. We have probably all heard we need to eat a variety or a rainbow of colors. Plants carry what are called phytonutrients. Phytonutrients are a broad name for a wide variety of compounds produced by plants. Each phytonutrient comes from a different variety of plant sources and has a unique benefit to the body. There are an estimated 4,000 phytonutrients. So, how do you best get the benefits from them? Eat a variety and balance of colors and forms of vegetables and fruits. Some phytonutrients you have heard of such as antioxidants, beta-carotene, and isoflavones. Take a look at the chart provided to see which colors can be associated with which phytonutrient.

<u>Phytonutrients</u>	<u>Proposed Benefits</u>	<u>Food Sources</u>	<u>Fun Facts</u>
Beta-Carotene	Immune System Vision Skin Health Bone Health	Pumpkin Sweet Potato Carrots Winter Squash Cantaloupe Apricots Spinach Collard Greens Kale Broccoli	Think orange and dark, leafy green veggies
Lycopene	Cancer (Prostate) Heart Health	Tomatoes Pink Grapefruit Red Peppers Watermelon	The heating process makes lycopene easier for the body to absorb
Lutein	Eye Health Cancer Heart Health	Collard Greens Kale Spinach Broccoli Brussels Sprouts Lettuces Artichokes	This phytonutrient is found in the macula of the eye
Resveratrol	Heart Health Cancer Lung Health Inflammation	Red Wine Peanuts Grapes	1 cup of red grapes can have up to 1.25 mg of resveratrol ¹
Anthocyanins	Blood Vessel Health	Blueberries Blackberries Plums Cranberries Raspberries Red Onions Red Potatoes Red Radishes Strawberries	Think red and purple berries
Isoflavones	Menopause Cancer (Breast) Bone Health Joint Inflammation Lower Cholesterol	Soybeans	½ cup of boiled soybeans offers 47 mg of isoflavones ²



To learn more visit:

www.fruitsandveggiesmorematters.org

www.farmtotable.colostate.edu



AHW Lesson 5 - Weeks 9 and 10 Activities

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2019 – Weeks 9 and 10

“Applying the Lesson”

Choose one of the following activities to apply what you learned about your health and your healthy goal setting. Write a short paragraph (3 to 5 sentences) to describe what you did and learned from the activity selected. Report your Applying the Lesson results by Online form, email, fax or hard copy to your county Extension Office.

1. Eat as many of the 5 main color groups as you can in a day. Was this challenging for you? What was your trick to help yourself incorporate more colors? Did you try a new recipe? Here is a list to help give you some ideas:

Color	Fruit/ Vegetables
Red/ Pink	beets, cherries, cranberries, pink grapefruit, pomegranates, radicchio, radishes, raspberries, red apples, red grapes, red peppers, red potatoes, rhubarb, strawberries, tomatoes, tomato sauce, tomato juice, watermelon
Orange/ Yellow	acorn or butternut squash, apricots, cantaloupe, carrot, corn, grapefruit, lemons, mangoes, nectarines, oranges, orange juice, orange peppers, papaya, peaches, pineapple, pumpkin, summer squash, sweet potatoes, tangerines, yams, yellow apples, yellow peppers, yellow squash
Green	artichokes, asparagus, avocados, bok choy, broccoli, Brussels sprouts, celery, collard greens, cucumber, green beans, green cabbage, green grapes, green onions, green peppers, kale, kiwi, leeks, limes, mustard greens, okra, pears, peas, romaine lettuce, snow peas, spinach, sugar snap peas, watercress, zucchini
White	bananas, cauliflower, garlic, Jerusalem artichoke, mushrooms, onion,
Blue/ Purple	blackberries, blueberries, currants, dates, eggplant, purple grapes, purple grape juice, plums, prunes, purple figs, raisins

2. Purchase and prepare a vegetable which is new to you and your family. What did you learn about this new vegetable? How did you prepare it? How would you describe its color, flavor and texture when served? Would you and your family select this vegetable to eat again? Why or why not?