

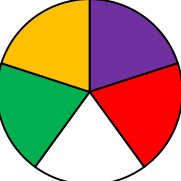
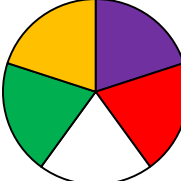
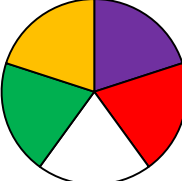
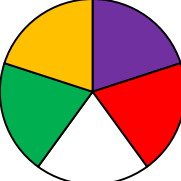
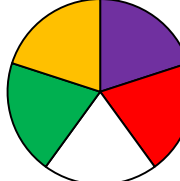
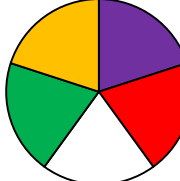
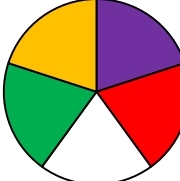
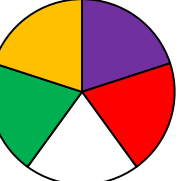
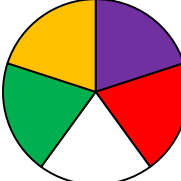
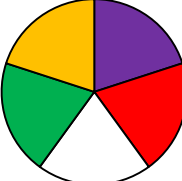
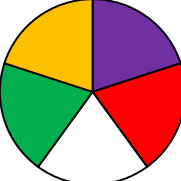
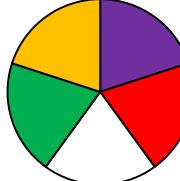
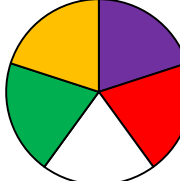
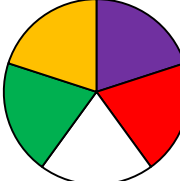
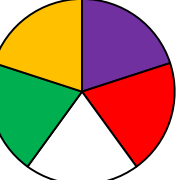
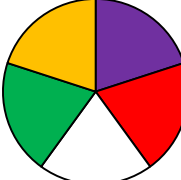
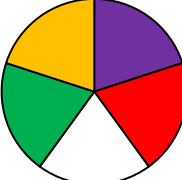
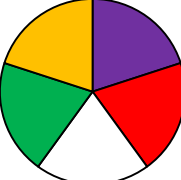
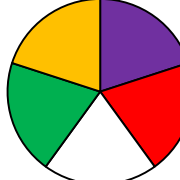
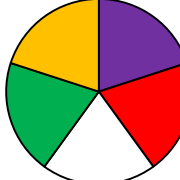
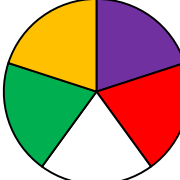
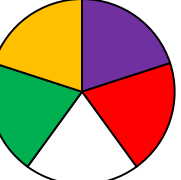
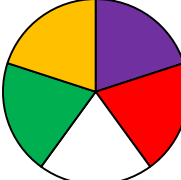
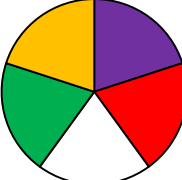
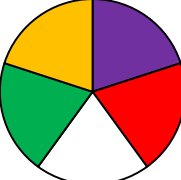
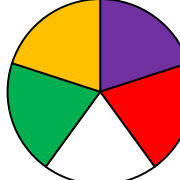
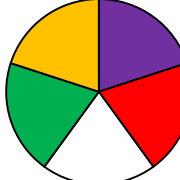
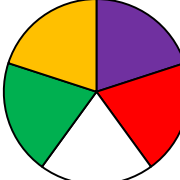
Eat Your Colors!






Fruits & Vegetables Program

Daily needs for fruit and vegetables depend on an individual's calorie needs, but a good general recommendation is to consume 5-9 servings of fruits and vegetables every day. Many of the phytochemicals and other compounds that make fruits and vegetables good for us also give them their color. That's why it's essential to include all the color groups in your diet every day.

Instructions: Your goal is to eat at least one serving from each color group per day. At the end of the day, write the number of servings you ate from each color in the appropriate section on the pie chart. In the area below the pie chart, total up your fruit and vegetable intake for the day, and discover the rainbow on your plate. For a list of which fruits and vegetables are in each group, refer to the next page.

For more information on individual calorie needs visit <http://www.mypyramid.gov/mypyramid/index.aspx>.

Week 1	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>
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COLOR	PHYTONUTRIENT	BENEFITS	FOUND IN THESE FOODS
	<p>Lutein (Yellow-Green & Leafy Greens)</p> <p>Indoles (Cruciferous Vegetables)</p>	<p>Helps maintain good vision; the risk of cataracts or macular degeneration.</p> <p>Reduce the risk of cancer (particularly breast & prostate); Reduce the risk of tumor growth in cancer patients.</p>	<p>Kale, spinach, leafy greens (turnip, collard, mustard), Romaine lettuce, broccoli, green peas, kiwifruit, honeydew melon</p> <p>Broccoli, cabbage, Brussels sprouts, bok choy, arugula, Swiss chard, turnips, rutabaga, watercress, cauliflower, kale</p>
	<p>Beta-Carotene (Dark orange)</p> <p>Bioflavonoids (Yellow-Orange)</p>	<p>Powerful antioxidant; boosts immunity; reduces the risk for cancer; reduces the risk of heart attacks; helps maintain good vision.</p> <p>Powerful antioxidants; work with vitamin C to reduce the risk of heart attacks, reduce the risk of cancer, and to help maintain strong bones, teeth, healthy skin, and good vision.</p>	<p>Carrots, sweet potatoes, pumpkin, butternut squash, cantaloupe, mangos, apricots, peaches</p> <p>Oranges, grapefruit, lemons, tangerines, clementines, peaches, papaya, apricots, nectarines, pears, pineapple, yellow raisins, yellow bell pepper</p>
	<p>Lycopene</p> <p>Anthocyanins</p>	<p>Reduces the risk of prostate, breast and skin cancer; Reduces the risk of heart attacks.</p> <p>Reduce the risk of cancer; powerful antioxidants; help control high blood pressure; Reduce the risk of diabetes complications; Reduce the risk of heart attacks, Reduce the risk of Alzheimer's Disease.</p>	<p>Tomato-based products (juice, spaghetti sauce, soup, paste), watermelon, pink grapefruit, fresh tomato, guava</p> <p>Red raspberries, sweet cherries, strawberries, cranberries, beets, red apples (with skin), red cabbage, red onion, kidney beans, red beans</p>
	<p>Anthocyanins</p> <p>Phenolics</p>	<p>Powerful antioxidants; Reduce the risk of cancer, Age-related memory loss, diabetes complications, heart attacks, and Alzheimer's Disease; help control high blood pressure.</p> <p>Powerful antioxidants; May slow some of the effects of aging.</p>	<p>Blueberries, blackberries, purple grapes, black currants, elderberries</p> <p>Dried plums (prunes), raisins, plums, eggplant</p>
	<p>Allicin</p> <p>Potassium</p>	<p>Boosts immunity; helps lower high cholesterol; helps control high blood pressure; reduces the risk of heart attacks; reduces the risk of spread of cancer (particularly stomach and colon cancers).</p> <p>Reduces the risk of high blood pressure and stroke.</p>	<p>Garlic, onions, leeks, scallions, chives, mushrooms,</p> <p>Bananas, potatoes, white beans, dates, pears</p>

FAQ

1. What is a serving?
 - 1 medium-size fruit
 - $\frac{3}{4}$ c. (6 oz.) of 100% fruit or vegetable juice
 - $\frac{1}{2}$ c. fresh, frozen or canned fruit (in 100% juice) or vegetables
 - 1 c. of raw leafy greens
 - $\frac{1}{2}$ c. peas or beans – cooked dry, frozen, or canned
 - $\frac{1}{4}$ c. dried fruit
2. Which are more nutritious – fresh, frozen, or dried fruits and vegetables?
 - All of these fruit and vegetable sources are nutritious, and each offers an option for busy lifestyles. Some points to remember:
 - Take care of fresh fruits and vegetables to preserve their flavor and nutrients. Refrigerate as soon as possible after purchase, and handle gently to avoid bruising.
 - Store cans and packages of dried fruit in a cool, dry place.
 - Choose fruit that is canned in 100% juice.
3. Does juice count as part of the fruit and vegetable servings recommended by the Dietary Guidelines for Americans?
 - Yes, one serving a day of 100% fruit or vegetable juice is a good way to get many of the vitamins, minerals and phytochemicals found in whole fruits and vegetables. There are a lot of juice impersonators in the marketplace, though. The product package and Nutrition Facts panel can help you identify impersonators, so read them carefully. Look for words like “juice cocktail” or “juice beverage” on the package – they are code for “not 100% juice.” Also, look right above the Nutrition Facts panel where the exact percentage of juice in the product is clearly stated. Impersonators will be less than 100%. Because juice does not contain the fiber present in the whole food, the dietary guidelines recommend the majority of fruits and vegetables be eaten whole.
4. If I take a multi-vitamin, does this reduce my fruit and vegetable needs?
 - Your fruit and vegetable recommendations do not change if you are taking a multivitamin. This is because in addition to vitamins and minerals, fruits and vegetables contain naturally occurring substances that may help protect against chronic health conditions. Thus, you should focus on meeting your nutrient needs primarily through foods.
5. What are some quick and easy ways that I can add fruits and vegetables into my diet?
 - Add fruit to your breakfast cereal or oatmeal (not just bananas, but also try apples, grapes, berries, peaches, or mandarin oranges)
 - Snack on mini-carrots or dried fruit at work instead of candy.
 - Add to your take-out dinner with fruits and vegetables from home.
 - Microwave a vegetable to add to your dinner or eat some fruit for dessert.