



Nutrition Education



Eat the Rainbow

One way to achieve a variety of vitamins and minerals is by eating a diet full of color. Eating a rainbow of colors is best achieved when choosing fruits and vegetables of different colors every day.

Ways you can add more color to your plate:

- Try to always include fruits and vegetables at every meal
- Add fruit to your water
- Aim to eat from each color of the rainbow everyday
- Strive to always have a colorful plate
- Make a colorful fruit salad

Red	apples, red cabbage, red onion, red peppers, strawberries, tomatoes, cherries, watermelon	heart health, memory
Orange/ Yellow	cantaloupe, carrots, butternut squash, lemons, mango, oranges, papaya, peaches, pineapple, pumpkin, sweet potatoes, yellow peppers	healthy eyes, heart health, immune function
Green	asparagus, bok choy, broccoli, cabbage, collard greens, green beans, green peppers, honeydew, kale, peas, spinach	healthy bones, teeth and eyes
Blue/ Purple	dark beans, eggplant, beets, blueberries, blackberries, figs, plums, prunes	memory and healthy aging
White	Ginger, jicama, onions, mushrooms, potatoes, cauliflower, parsnips	heart health and good cholesterol levels

Here are some tips you can use when creating your meals:

Eat a beautiful breakfast. Start your day with a green smoothie, oatmeal topped with red berries, or a tofu scramble filled with red peppers, mushrooms, carrots, or other colorful veggies.

Enjoy exciting salads. Large, colorful salads topped with beans and a diverse selection of vegetables are the perfect way to incorporate lots of colorful veggies (and fruits!) into your diet.

Liven up your lunch. Veggie sandwiches and wraps (including lettuce wraps) and soups, stews, and chili can help you get a balanced selection of colorful foods for lunch.

Make vegetables the main dish. Try new recipes for dishes, such as tempeh vegetable stir-fries, vegetable curries, and Buddha bowls.

Make a rainbow meal. Try creating a meal that uses every color – red, orange, yellow, green, blue, purple, white, and brown.

Information obtained from:
Understanding Nutrition By Whitney Roles,
Healthline.com, Foodrevolution.org, and
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