

# Eat The Rainbow

## Rainbow Fruit Salad

### Ingredients:

2 Cups Strawberries  
3 Kiwi Fruits  
2 Mangoes  
1 Cup blueberries  
1 Cup grapes  
2 Bananas  
1 Can pineapple chunks, in Juice  
3TbSP Honey  
1Tbsp Lime Juice  
1Tbsp Pineapple Juice

### Instructions:

1. Wash all fruit, peel kiwi and mango, and reserve pineapple juice for the end,
2. Dice all fruit and put into large bowl.
3. Add honey, lime juice and pineapple juice.



Photo Source: <https://cafedelites.com/honey-lime-fruit-salad-recipe/>

Serving Size: 1 Cup

120 Calories, 0g Fat,  
30g Carbs, 3.5 g  
Fiber, 1g Protein



Photo Source: <https://www.pinterest.ca/pin/162129655304895389/>

What do you think, when you hear “Taste the Rainbow”? Most people think the vibrant colored candy, skittles. While beautiful to look at, they do not provide our bodies with anything but sugar. Nature, has its own beautiful vibrant candy, it’s better known as fruits and vegetables. They come in an assortment of beautiful colors and provide our bodies with some important vitamins, minerals and fibers.

Blue and purple fruits and vegetables such as; blackberries, grapes, and cabbage help to aid in the digestion of our foods. When choosing blue and purple foods, look for darker colors. The darker the color, the more beneficial the nutrients. These benefits may include antioxidants that help prevent cancer, blood clots, and heart disease. It is easy to enjoy these fruits and vegetables in multiple ways. You can add blueberries to your oatmeal, eggplant to your chicken parmesan or even add grapes to your snack bags.

Foods that are bright red also help to reduce cancer, lower blood pressure, and keep your heart healthy. Many common red fruits and vegetables include; apples, tomatoes, watermelon, cranberries, and red peppers. These items not only add a pop of color to your plate they are naturally low in fat and calories.

While all fruits and vegetables are naturally healthy for us, some out do the rest! Dark green fruits and vegetables are high in

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iron, fiber, calcium, magnesium, and vitamins C, E, K & B. These are great sources of nutrients and they taste delicious too! You can enjoy celery with peanut butter, kiwis in your fruit salad, or even add a side of asparagus to your dinner.

White fruits and vegetables typically get a bad reputation for lacking vitamins and being high in calories, but don’t believe the hype. Bananas, cauliflower, mushrooms, turnips and even potatoes help to boost your immune system. They reduce your risk of cancer and even aid in balancing your hormones. Garlic, ginger and onions not only aid your immune system they add flavor to your meals.

The last color group is orange and yellow fruits and vegetables. These colored foods are high in vitamin C. One large orange will give you all the Vitamin C recommended for the day. One cup of baby carrots gives you all the vitamin A you need for almost two days. These wonderful fruits and vegetables help to keep your heart healthy, boost your immune system, support eye sight and even promote healthy bones.

At the end of the day eating the rainbow not only tastes good, it provides our bodies with some much needed health benefits. The key is variety; if you choose foods from each of the color groups you can obtain vital nutrients. So Eat the Rainbow and improve your health!



Source: <https://www.fruitsandveggiesmorematters.org>.