

EAT GREEN

Eat a rainbow of fruits and vegetables like red, yellow, orange, green, blue, purple, white and brown! Each color is rich in specific nutrients that help us stay healthy.



Green Fruit and Veggie Recipes:

[Gollai Hågon Suni](#)

[Kangkong Titiyas](#)

[Lettuce Wraps](#)

[Spinach Dip](#)

[Healthier Ramen](#)

[Green Smoothie](#)

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Green fruits and vegetables have lots of heart-protective nutrients, like potassium and vitamin K. Green fruits and veggies also help to maintain strong bones and teeth. Dark leafy greens like also have lots of antioxidants and fiber. Antioxidants anti-oxidant (ant-eye-ox-seh-dents). Antioxidants may help protect against certain cancers, heart disease, and cognitive disorders like Alzheimer's disease. Fiber is a nutrient that helps maintain blood sugar levels, help keep our digestion regular, and strengthens the heart.

Types of dark leafy greens:

- Kangkong (water spinach)
- Bakchoy
- Spinach
- Kale
- Arugula
- Romaine Lettuce



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