

EAT RED

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.



Red Fruit and Veggie Recipes:

[Apple Pie Parfait](#)

[Finadene Satmon](#)

[Spam Goulash](#)

[Eggplant Penne](#)

[Veggie Spaghetti](#)

[Sauce](#)

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Red fruits and vegetables protects our hearts! Red fruits and vegetables like tomatoes and strawberries have anti-oxidants (ant-eye-ox-seh-dent) that help protect against heart disease. Anti-oxidants also work to reduce risk of developing other diseases like arthritis, type 2 diabetes, stroke, and cancer.

Here's a list of red fruits and vegetables:

- Red Apple
- Red Bell pepper
- Cherries
- Red Grapes
- Pomegranates
- Raspberries
- Strawberries
- Watermelon
- Beets
- Red peppers
- Red Onions
- Red Potatoes
- Tomatoes



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