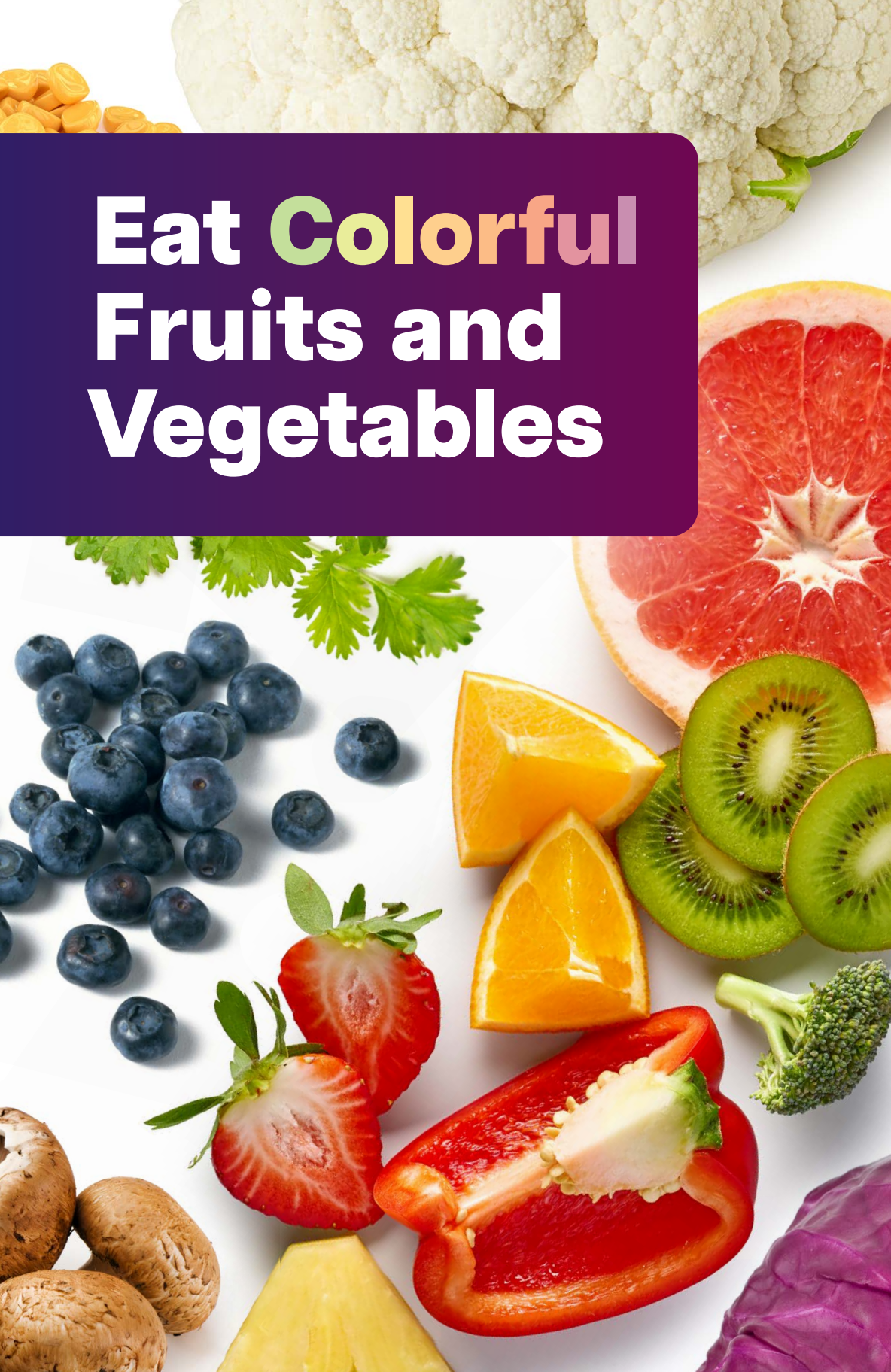




Eat **Colorful** Fruits and Vegetables

Eat fruits and vegetables in many different colors. This helps your body get a variety of nutrients it needs to grow and stay healthy.

All fruits and vegetables have important vitamins, minerals, and fiber. Fiber helps with:

- Constipation
- Diarrhea
- Lowering blood sugar

Helpful Tip! Eat fruits and vegetables from every color of the rainbow.



Build a colorful plate.

Fill half your plate with fruit and vegetables at each meal. Try to eat fruits and vegetables from these **5 color groups**:



Red

Helps your heart and may lower your chance of getting some cancers.

Examples: Strawberries, tomatoes, red bell peppers



Orange

Yellow

Keeps your eyes healthy and helps your body heal.

Examples: Carrots, sweet potatoes, oranges



Green

Keeps your immune system healthy, builds strong bones, and helps with digestion.

Examples: Spinach, kiwi, broccoli



Purple

Blue

Helps your memory and protects your body as you age.

Examples: Blueberries, eggplant, purple cabbage



White

Brown

Helps fight sickness and keeps your bones strong.

Examples: Mushrooms, cauliflower, onions

Make fruit and vegetables fun!

Families can eat more fruit and vegetables when they do it together. Children are more likely to try foods they help choose or prepare.



Tip 1 Visit a [farmers' market](#).

Your family can see and try many different fruits and vegetables.

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Tip 2 Let your children choose **fruits or vegetables from each color**. Use what they pick in meals or snacks that week.

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Tip 3 **Make your plate colorful**. You can add different colored fruits and vegetables to your meals and snacks.



Tip 4 Read books about fruits and vegetables with your children. Ask them to make up their own fun stories and share them during meals or snacks together.

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Tip 5 Ask your children to help wash, cut, or cook fruits and vegetables in the kitchen.



Ways to add more to your meals and snacks:

- Add fruit to breakfast cereal, pancakes and yogurt.
- Add vegetables or fresh herbs to soups, rice dishes and casseroles.
- Keep cut fruit and vegetables ready in the refrigerator for a quick salad or snack.
- Serve fruit or vegetables with every meal and snack.
- Small changes can help your family eat more fruit and vegetables every day!



Get more with your WIC benefits!

You get an **extra \$3** in fruit and vegetable benefits when you choose fruits or vegetables instead of juice. If you want juice, your WIC counselor can help.

Amazing Fruit Salad

Ingredients:

- 2 cups **lettuce leaves**
- 1 cup drained, canned **pineapple chunks in juice** (save 3 tablespoons of the juice)
- 3 tablespoons **pineapple juice**
- 3 **kiwis**, peeled and sliced
- 1 **orange**, peeled and cut
- ½ cup **rasberries**
- 1 cup sliced **strawberries**
- 2 teaspoons **fresh lemon juice**
- (Optional) ½ cup **lowfat any flavor yogurt**

✓ **Ingredients in bold** are WIC approved.

Directions:

1. Place washed and chopped lettuce leaves into a large salad bowl.
2. Add pineapple chunks, strawberries, kiwi, orange, and raspberries.
3. In a small bowl, stir together pineapple juice and lemon juice to make a dressing. If you are adding yogurt, mix it into the juice mixture to make a creamy dressing.
4. Drizzle dressing mixture over salad. Serve.

Adapted from: <https://calfreshhealthyliving.cdph.ca.gov/en/recipes/Pages/Amazing-Fruit-Salad.aspx>

Vegetable Quesadillas

Ingredients:

- Nonstick cooking spray
- ½ cup chopped **green bell pepper**
- ½ cup chopped **tomato**
- 2 tablespoons chopped **fresh cilantro**
- 4 (6-inch) flour tortillas
- ½ cup shredded **Cheddar cheese**
- Optional: ½ cup **frozen corn**, thawed
- Optional: ½ cup sliced **green onion**

✓ **Ingredients in bold** are WIC approved.

Directions:

1. Spray a medium skillet with nonstick cooking spray.
2. Cook the bell pepper and corn until softened, about 5 minutes.
3. Add green onion and tomato. Cook until heated through. Then stir in cilantro.
4. Heat tortillas in a large skillet over high heat.
5. Place equal amounts of cheese and vegetables on each tortilla. Fold in half and continue to cook until cheese is melted. Serve.

Adapted from: <https://calfreshhealthyliving.cdph.ca.gov/en/recipes/Pages/Vegetable-Quesadillas.aspx>





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04/26