



BUL 1048

Power Your Day with Produce

LONG LIVE IDAHO BULLETIN SERIES

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Eat a Rainbow: Eat five fruits and vegetables every day to power your immune system and fuel your body.

A variety of fruits and vegetables provides vitamins and minerals important for growth, development, and a healthy immune system. A diet rich in fruits and vegetables may lower rates of diseases like high blood pressure, stroke, heart disease, diabetes, and some types of cancer. Fruits and vegetables may also help you reach and maintain a healthy weight. They are a healthy choice anytime.

Be prepared.

Keep rinsed, ready-to-eat produce on hand so it's always available. Seasonal fruits and vegetables cost less and are packed with flavor. For ideas about seasonal produce in Idaho, check out <https://idahopreferred.com/products/>.





Be creative. Add color and texture.

Add color, texture, flavor, and shape to make meals and snacks appealing and fun. Use a variety of different-colored vegetables to create a nutrient-packed rainbow salad, coleslaw, or veggie stir-fry. Add diced tomatoes, carrots, spinach, broccoli, onions, and mushrooms to sauces, pizzas, soups, and casseroles.



All forms are nutritious.

Fresh, frozen, canned, or dried are all nutrient-packed options. When choosing canned vegetables, opt for low-sodium or no-salt-added. If that isn't an option, rinse them under the faucet in a colander before you eat them. When selecting canned fruit, reach for those canned in juice instead of syrup. Again, if syrup is the only option, rinse them to remove much of the added sugar.



Be a role model.

Friends and family members are more likely to eat fruits and vegetables if they see you eating them.

Keep a variety of fruits and vegetables on hand and ready to eat and enjoy.



Don't give up.

Kids may need to see or taste a food 7–10 times before they like it. An adult's tastes can change too. Try produce that is prepared in different ways and see how you and your family like it best. Try fresh, roasted, or sauteed fruits and vegetables or blending them into smoothies and sauces.



Mix it up with pulses.

Beans, peas, and lentils count as vegetables and protein. Try adding these foods to your menu twice a week. They help stretch your protein food budget and add fiber to support heart and gut health.

Plan ahead to meet your goals.

Simple How-To

Plan your day the rainbow way!

Take the focus off counting cups or ounces and instead include one fruit or vegetable with every meal or snack. Small additions or substitutions to your food intake throughout the day make meeting guidelines less daunting. Thinking about including a variety of colors might just stretch your palate and present an option to try a new fruit or vegetable. Check out *Market Fresh in a SNAP!* (University of Idaho BUL 1025) for more recipes to try.



Use the table below for ideas about eating a variety of fruits and vegetables throughout the day. Track your progress.

	PRODUCE	BREAKFAST	LUNCH	DINNER	SNACK
RED	Apples, beets, blood orange, cherries, cranberries, pink grapefruit, red grapes, red onions, pears, red peppers, pomegranates, red potatoes, radishes, raspberries, tomatoes, rhubarb, strawberries, watermelon	Top cereal or yogurt with raspberries or strawberries. Toss cherry tomatoes into a pan with poached eggs. Slice a red pepper ring and fill it with scrambled eggs.	Roast beets or radishes to liven up a salad. Grab some cherries or a cool slice of watermelon for dessert. Add spice to your sandwich with red pepper or onion.	Roast red potatoes and leave the skin on. Add red kidney beans to stretch taco meat and add some fiber.	Try a simple snack of apples and peanut butter. Get creative and top apple rings with cream cheese and pomegranate seeds.
ORANGE	Cantaloupe, carrots, apricots, butternut squash, mango, pumpkin, sweet potatoes, tangerines, orange peppers, peaches, acorn squash	Pair cantaloupe or mango with protein-rich cottage cheese to fuel your day. Add carrots to a smoothie.	Top salad with apricots or mandarin orange slices. Dip a grilled cheese sandwich in creamy butternut squash soup.	Try a side of sweet potato fries. Top pizza with orange peppers.	Bake pumpkin muffins. Blend frozen peaches for a refreshing snack.
YELLOW	Bananas, corn, ginger, grapefruit, lemons, yellow peppers, yellow tomatoes, pineapple, spaghetti squash	Top toast or rice cakes with peanut butter and sliced banana. Spice up scrambled eggs with yellow peppers.	Add canned or fresh corn to a southwest-style salad. Top salad with roasted acorn squash.	Add a little zest to stir-fry with ginger and pineapple. Use spaghetti squash in place of pasta.	Pair yellow cherry tomatoes with mozzarella balls.
GREEN	Apples, artichoke, arugula, asparagus, avocado, broccoli, brussels sprouts, cabbage, collard greens, cucumbers, grapes, green beans, honeydew melon, kale, limes, lettuce, peas, green peppers, spinach, zucchini	Toss a handful of spinach into your morning smoothie. Spread avocado on toast.	Add green apples to a salad. Spice up your sandwich with arugula and green peppers. Use a spiralizer and make zucchini noodles (zoodles).	Try a side of roasted brussels sprouts or asparagus. Toss sliced honeydew melon with lime zest for a refreshing dessert.	Baked kale makes a nutrient-dense alternative to chips. Dip snow peas or green beans in hummus. Steam edamame for a fun snack.
BLUE/PURPLE	Blackberries, blueberries, purple carrots, purple cabbage, eggplant, figs, grapes, kohlrabi, plum, purple potatoes	Try hash browns made with purple potatoes. Top oatmeal with dried figs or raisins.	Make a coleslaw with purple cabbage and kohlrabi. Top summer salad with blackberries. Add purple grapes to chicken salad.	Try grilled eggplant at your backyard BBQ. Finish with grilled plums for dessert.	Grab a handful of blueberries or bake blueberry muffins. Try frozen grapes (cut in half) for a refreshing treat on a hot day.
WHITE	Bananas, white nectarines, pears, mushrooms, cauliflower, onions, potatoes, garlic, jicama, fennel, lychee, coconut, white peaches, parsnips, turnips, white corn, dragon fruit	Add onions, mushrooms, and garlic to scrambled eggs. Slice a white peach to top yogurt. Try a side of dragon fruit.	Sliced jicama can be a refreshing side. Simple roasted parsnips are a fun alternative to French fries.	Try riced cauliflower with stir-fry or cauliflower crust for pizza. Roast potatoes, turnips, and fennel for a tasty side.	Top a yogurt parfait with shredded coconut. Try hummus as a dip for pretzels or veggies.



RED



GREEN



ORANGE



BLUE/PURPLE



YELLOW



WHITE

	BREAKFAST	LUNCH	DINNER	SNACK
RED				
ORANGE				
YELLOW				
GREEN				
BLUE/PURPLE				
WHITE				

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