

Month 1
Week 1



Goal: Consume More Fruits and Vegetables

Randolph Fit and Healthy

Munch on Rainbow

Eating fruits and vegetables is an easy way to make your diet healthier. Fruits and vegetable intake is associated with reduced risks for chronic diseases and has numerous health benefits. The Dietary Guidelines for Americans recommends eating more fruits and vegetables than any other food group. So if you are looking for a

bright future for your family try to munch on a rainbow of colorful fruits and vegetables.

The week long **Munch on Rainbow** program will guide you with many ideas to incorporate fruits and vegetable in your daily diet.



Program Objectives

- Identify different methods to incorporate fruits and vegetables in the diet
- Identify individual serving sizes for adequate fruits and vegetables intake
- Identify health benefits associated with fruits and vegetables in-

Plan the menu to

Strategy :1

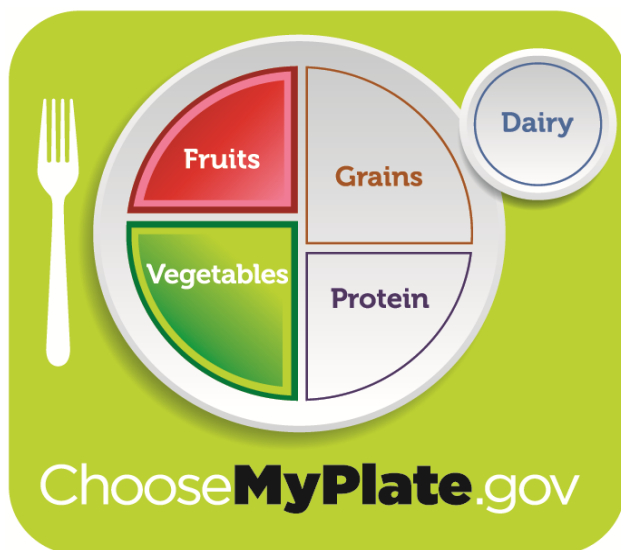
Include **3 different fruits and 5 different vegetables** to your weekly meals .

Strategy :2

Include **dark green or deep yellow fruits or vegetables** 3 or more times per week to your meals.

Strategy :3

Include **peas and beans** at least once a week.



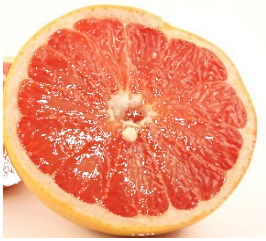


My Plate recommends to make half of your plate fruits & vegetables.

How Much is Needed				
	Name	Ages	Vegetables	Fruits
Children		2-3 years old	1 cup	
		4-8 years old	1 1/2 cups	1-1 1/2 cups
Girls		9-13 years old	2 cups	1 1/2 cups
		14-18 years old	2 1/2 cups	1 1/2 cups
Boys		9-13 years old	2 1/2 cups	1 1/2 cups
		14-18 years old	3 cups	2 cups
Women		19-30 years old	2 1/2 cups	2 cups
		31-50 years old	2 1/2 cups	1 1/2 cups
		51+ years old	2 cups	1 1/2 cups
Men		19-30 years old	3 cups	2 cups
		31-50 years old	3 cups	2 cups
		51+ years old	2 1/2 cups	2 cups

Source: www.chosemyplate.org

What's a Serving Size Anyway?

	1 CUP	1/2 CUP
M o r n i n g	 <p>1 small apple</p>	<p>1/2 banana</p>
M i d D a y	 <p>1 cup of lettuce and 1/2 cup of other vegetables</p>	<p>6 baby carrots</p>
E v e n i n g	<p>1/2 large sweet potato and 1/2 cup of green beans</p>	 <p>1/2 grapefruit</p>

Source: www.chosemyplate.org

Activity Log Sheet

1. Write the names of 3 different fruits and 5 different vegetables your family ate during the week, on the chart below.

	Vegetables	Fruits
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____

2. Circle any 3 dark green or deep yellow vegetables or fruits from the above reported fruits and vegetables .

3. Write the names of beans or peas your family ate during the week .

Think **COLOR**...For maximum health benefits aim to add a variety of colors

<p>Beets Red cabbage Red peppers Red potatoes Red onions Tomatoes Radishes</p>	<p>Red colored fruits and vegetables, may help reduce risk of several types of cancer, especially prostate cancer. Berries contain antioxidants that protect cells from damage and keep heart healthy too.</p>	<p>Red apples Strawberries Cherries Watermelons Raspberries Cranberries</p>
<p>Cauliflower Garlic Ginger Potatoes Mushrooms Onion Turnips</p>	<p>White and tan colored fruits and vegetables may contain health-promoting chemicals such as allicin, which may help lower cholesterol and blood pressure and may also help reduce risk of stomach cancer and heart disease.</p>	<p>Parsnips Jicama Turnips Bananas Star Fruit</p>
<p>Purple Carrots Purple Belgian Endive Purple peppers Purple Potatoes Eggplants</p>	<p>Purple and blue colored fruits and vegetables act as powerful antioxidants that protect cells from damage. They may help reduce risk of certain cancers, stroke and heart disease. Studies show that eating blueberries is linked with improved memory functions.</p>	<p>Blackberries Blueberries Figs Plums Prunes Purple grapes Raisins</p>
<p>Butternut Squash Carrots Lemons Yellow Peppers Yellow Squash Pumpkin Rutabagas Sweet Corn</p>	<p>"Carotenoid found in yellow and orange colored fruits and vegetables can help reduce risk of cancer, heart disease and can improve immune system function. Citrus fruits are excellent source of vitamin C and folate that helps reduce risk of birth defects.</p>	<p>Apricots Cantaloupes Grapefruits Mangoes Oranges Papayas Persimmons</p>
<p>Artichokes Asparagus Broccoli Brussels Sprouts Green Beans Celery Spinach Peas</p>	<p>"Lutein " found in green colored fruits and vegetables works with another chemical, zeaxanthin, to help keep eyes healthy. These chemicals may help reduce risk of cataracts and age-related macular degeneration (eye disease), which can lead to blindness if untreated. Leafy greens are excellent sources of folate, a B vitamin that helps reduce risk of birth defects.</p>	<p>Cucumbers Avocados Zucchini Kiwi Limes Green Apples Honeydew Melons Green Grapes</p>

Tips to Eat More Fruits and Vegetables

 <p>Medley</p>	<ul style="list-style-type: none"> • Make a tropical rainbow fruit salad with fruits of each color: oranges, pink grapefruit, mango, papaya, kiwifruit, bananas, and purple grapes. • Sauté your own medley of mixed vegetables using each color: red onions, carrots, corn, jicama, broccoli and black beans.
<ul style="list-style-type: none"> • Make fruitsicles: Puree your favorite fruit such as melon, peaches, banana, and/or berries with 100% fruit juice. Freeze in ice cube trays or paper cups or popsicle molds for a refreshing treat. • Use fresh, frozen or canned. 	 <p>Fruity Fun</p>
 <p>Salads</p>	<ul style="list-style-type: none"> • Make a Greek-inspired salad: romaine lettuce, tomatoes, red onion, chick peas, black olives and artichoke hearts. • Make confetti slaw with shredded green and red cabbage, grated carrots, julienned kohlrabi and finely chopped red and yellow peppers.
<ul style="list-style-type: none"> • Make a Mexican pizza with tortillas, refried beans, salsa and grated low fat jalapeno cheese. Bake. • On a busy night, check out the unique combinations of veggies in the frozen section to build a meal - a quick stir-fry, vegetable soup or stew, or a frittata. 	 <p>Quick Fix Vegetables</p>
 <p>Pizza for Breakfast?</p>	<ul style="list-style-type: none"> • Top a toasted English muffin with tomato sauce, a scrambled egg and fresh spinach. Add grated Mozzarella and melt. • Try some different veggie toppings on your pizza: (eggplant and black olive, pineapple and onion, red and green peppers and mushrooms, fresh tomato and spinach, broccoli and green olives).
<ul style="list-style-type: none"> • Try a spinach salad with dried cranberries, canned mandarin oranges and red onion with your favorite vinaigrette. • Make a dried fruit and nut mix for snacks. They make great gifts too. Include dried apples, apricots, cranberries, peaches, pears, cherries and mixed nuts. 	 <p>Salad gone Nuts</p>
 <p>Snacks</p>	<ul style="list-style-type: none"> • Make a refreshing summer beverage using 100% juice and iced tea. • Roast a whole head of garlic to make a delicious spread for an appetizer or on sandwiches • Steam edamame for a fun snack. Kids love it!

Recipes

Apple Chicken Stir Fry

Serves: 4

Preparation time: 15 minutes

Ingredients:

1 lb cubed boneless, skinless, chicken breast
 $\frac{1}{2}$ cup onion, vertically sliced
1 $\frac{3}{4}$ cups (3-4 medium) carrots, thinly sliced
1 $\frac{1}{2}$ teaspoon vegetable oil
1 teaspoon dried basil, crushed
1 cup fresh or frozen Chinese pea pods
1 tablespoon water
1 medium baking apple, cored and thinly sliced
1 tablespoon oil
2 cups cooked brown rice

Quick Fish Chowder

Serves: 4

Preparation Time: 30 minutes

Ingredients:

1 small onion
1 teaspoon olive oil
2 potatoes, cubed
2 stalks celery, sliced
2 14-oz. cans stewed tomatoes
1 cup frozen corn
1 cup frozen green beans
1 pound cod or other firm-fleshed fish
 $\frac{1}{2}$ cup white wine vinegar

Quick Red Lentils

Serves: 4

Preparation Time: 30 minutes

Ingredients:

1 tablespoon olive oil
3 medium carrots, chopped
1 small onion, chopped
1 teaspoon ground cumin
 $\frac{1}{2}$ teaspoon dried basil
1 14 $\frac{1}{2}$ -oz. can unsalted diced tomatoes in tomato juice
1 14-oz. can low sodium vegetable broth
1 cup dried red lentils, rinsed
1/8 teaspoon pepper
1/8 teaspoon salt or to taste
5 oz. baby spinach
2 cups freshly cooked rice

Roasted Vegetable Wrap

Serves: 4

Preparation Time: 45 minutes

Ingredients:

1 medium red pepper, cut into 1" wide slivers
1 medium zucchini, cut into $\frac{1}{4}$ " slices lengthwise
1 medium yellow squash, cut into $\frac{1}{4}$ " slices lengthwise
1 small eggplant, cut into $\frac{1}{2}$ " round slices
2 medium plum tomatoes, halved
1 medium onion, quartered
4 teaspoons olive oil
Nonstick cooking spray
Dried herbs, such as basil, thyme, parsley, marjoram, etc.
4 oz. part skim mozzarella cheese, grated
4 whole wheat tortillas

Purple Party Parfait

Serves: 6

Preparation Time: 10 minutes

Ingredients:

1 cup frozen blueberries, without sugar
1 cup frozen strawberries, without sugar
 $\frac{1}{2}$ cup fat-free cottage cheese
1 $\frac{1}{2}$ cups green grapes
1 kiwi for garnish (optional)

Savory Pear Salad

Serves: 4

Preparation Time: 30 minutes

Ingredients:

$\frac{1}{2}$ cup dry orzo
1 cup diced raw pears (1 medium or 2 small)
2 Tbsp. orange juice
2 tsp. lemon juice
 $\frac{1}{4}$ cup raisins
 $\frac{1}{2}$ cup diced fresh tomatoes
3 Tbsp. buttermilk ranch dressing
4 cups torn fresh spinach
2 Tbsp. sliced almonds
1 Tbsp. chopped fresh dill, divided

Recipes

Method:

Sauté onion and celery in oil until soft. Add remaining ingredients except vinegar. Simmer 10 to 15 minutes or until potatoes and vegetables are done. Add vinegar. Simmer 5 to 10 minutes more for flavors to blend. Serve.

Nutrition information per serving: Kcal 210, Total fat, 1.8 g, Saturated fat 0.3g, % of calories from fat 8%, protein 17g, carbohydrates 30g,cholesterol 33 mg, Dietary fiber5g, Sodium356mg

Cups of Fruits and Vegetables per Serving: 1

Colors: ✓✓✓✓

Method: Stir-fry cubed chicken breast in 1 tablespoon vegetable oil in non-stick skillet until lightly browned and cooked. Remove from skillet. Stir-fry onions, carrots and basil in oil in same skillet until carrots are tender. Stir in pea pods and water. Stir-fry 2 minutes. Remove from heat; stir in apple. Add to chicken, serve hot over cooked rice.

Nutrition information per serving: Kcal 330, Total fat, 7.7 g, Saturated fat 1.1g, % of calories from fat 21%, protein 29g, carbohydrates 30g,cholesterol 66mg,Dietary fiber5g, Sodium117mg

Cups of Fruits and Vegetables per Serving: 1

Colors: ✓✓✓✓

Method:

Preheat oven to 375°. Line a roasting pan with foil. Brush with olive oil or spray with nonstick cooking spray. Place vegetables in a single layer on roasting pan and brush with olive oil. Sprinkle on desired herbs. Spray with nonstick cooking spray. Shake the vegetables about the pan to make sure they are coated with oil. Bake until vegetables are lightly browned and tender, about 20 minutes. Divide vegetables among the tortillas, sprinkle with grated mozzarella cheese, wrap, and enjoy

Nutrition Information per serving: Kcal 320, Total fat, 12.5 g, Saturated fat 3.5g, % of calories from fat 35%, protein 14g, carbohydrates 38g,cholesterol 18mg,Dietary fiber 8g, Sodium358mg

Cups of fruits and veggies per serving: 2 1/2

Color: ✓✓✓✓✓

Method:

In 4-quart saucepan, heat oil on medium heat until hot. Add carrots and onion and cook 5 minutes or until lightly browned. Stir in cumin and basil; cook 1 minute more. Add tomatoes, broth, lentils and black pepper. Cover and heat to boiling on high. REDUCE HEAT to low and simmer 8-10 minutes until lentils are tender. Stir in salt and spinach- heat through. Serve over cooked rice.

Nutrition Information per serving: Kcal 375, Total fat, 4.9 g, Saturated fat 0.6g, % of calories from fat 12%, protein 18g, carbohydrates 65g, cholesterol 0mg,Dietary fiber12g, Sodium263mg

Cups of fruits and veggies per serving: 2 3/4

Color: ✓✓✓✓

Method:

Prepare orzo according to packaging directions. Place diced pear in a small bowl and add orange and lemon juices. Allow to sit for 5 minutes. Mix in 2 teaspoons fresh dill and remaining ingredients except spinach and almonds. Refrigerate for two hours. Place equal amounts of torn spinach on four plates. Spoon equal amounts of pear salad on bed of spinach. Top with equally divided amounts of sliced almonds and remaining fresh dill.

Nutrition Information per serving: Kcal 241, Total fat, 7.8 g, Saturated fat 1.2g, % of calories from fat 28%, protein 5g, carbohydrates 40g,cholesterol 2mg,Dietary fiber5g, Sodium133mg

Cups of fruits and veggies per serving: 1 Color: ✓✓✓✓

Method:

Place the blueberries, strawberries, and cottage cheese in a food processor and blend until smooth. Place the grapes in a cup or bowl and spoon blended mixture over the grapes. Garnish with kiwi (optional).

Nutrition Information per serving: Kcal 64, Total fat, 0.3 g, Saturated fat 0 g, % of calories from fat 3%, protein 3 g, carbohydrates 14 g, cholesterol 2mg,Dietary fiber2g, Sodium77mg

Cups of fruits and veggies per serving: 1

Color: ✓✓✓

Additional Fruits and Vegetables Resources

Websites:

Fruits and Veggies More Matters

www.fruitsandveggiesmorematters.org

Center for Disease Control and Prevention

<http://www.fruitsandveggiesmatter.gov/>

USDA's My Plate

<http://www.choosemyplate.gov/>

United States Department of Agriculture

1. http://snap.nal.usda.gov/nal_display/index.php?info_center=15&tax_level=4&tax_subject=261&topic_id=1243&level3_id=6209&level4_id=10648

American Dietetics Association

<http://www.eatright.org/Public/>

University of Illinois Urban Program Extension

<http://urbanext.illinois.edu/foodfun/index.cfm>



Books about Fruits and Vegetables:

1. *The Vegetables We Eat* by Gail Gibbons, Holiday House; 1 edition (April 15, 2007) ISBN: 0823420019
2. *I Like Vegetables: Petit Collage* by Lorena Siminovich, Templar; Brdbk edition (March 8, 2011) ISBN: 0763652830
3. *Eating the Alphabet: Fruits & Vegetables from A to Z* (Harcourt Brace Big Book) by Lois Ehlert, Sandpiper (March 31, 1994) ISBN: 0152009027
4. *Oliver's Vegetables (Venture-Health & the Human Body)* by Vivian French and Alison Bartlett, Scholastic Inc. (September 1, 1998) ISBN: 0531071049
5. *Vegetables, Vegetables!* (Rookie Read-About Science) by Fay Robinson, Childrens Press Chicago; 1 edition (January 1995) ISBN: 0516460307

For more information on how to add fruits and vegetables to your diet please
visit: www.fruitsandveggiesmorematters.org