

Tips for Adding More Color into Your Diet

Eat a Rainbow

Eat healthier by adding a little color to every meal and snack of the day.

- Look at your plate as a whole each time you eat. If it looks too beige, add a serving of fruit or vegetables.
- Add color to mainstays like macaroni and cheese, pasta and rice by adding a handful of frozen mixed vegetables.
- Adding color isn't all or nothing – start small, then add more as time goes by.

Feed a Crowd with Color

From tailgating to holiday potlucks, make sure you bring a helping of fruits and vegetables to the table.

- Swap out chips with sweet potatoes for crowd-pleasing nachos with a healthy twist.
- When cooking canned soups, add a handful of frozen vegetables for extra flavor and nutrients.
- Add color to classic casseroles by sneaking shredded fruits or vegetables into the recipe.

Axe the Added Salt and Sugar

Canned, frozen and dried fruits and vegetables are just as nutritious as fresh – but they can come with some unwelcomed add-ons.

- Check labels to find options with the lowest amounts of salt and added sugars.
- Choose fruits and vegetables packed in their own juice or water and prepared without heavy syrups or sauces.
- Drain and rinse canned fruits and vegetables thoroughly to remove excess salt and sugar.

Add Color on a Budget

You don't have to break the bank to get fruits and vegetables on your plate – just add a little at a time and look for ways to save.

- Many fruits and vegetables cost less than a \$1.00 per serving.
- Single-serving fruits and vegetables can be cheaper than vending machine snacks.
- Buying produce in bulk and freezing the excess can help you save in the long run.

Eat 4 – 5 Servings of Color Each Day

Everyone knows you need to eat a few servings of fruit and vegetables – but do you know what a serving means?

- One whole medium-sized fruit (like an apple, orange or banana) is a serving.
- Get a whole serving of fruit or vegetables with just half a cup of fresh, frozen or canned produce.
- One cup of raw leafy vegetables will give you a full serving.

Bring on the Flavor

Cooking fruits and vegetables in healthy ways brings out their natural flavors, so you won't need to overdo it on the salt or heavy sauces.

- Roast vegetables over high heat to caramelize and reduce bitterness.
- Grill fruits to unlock a deeper sweetness and give your color some char.
- Give your vegetables a light sauté to crisp without overcooking.

Eat with the Season

Seasonal fruits and vegetables can make adding color more interesting. Look for new produce when the seasons change.

- Shop your local farmers' market to find seasonal fruits and vegetables.
- Join a Community Supported Agriculture program or community garden to add diverse color year round.
- Grow your own fruits and plant a vegetable garden for DIY seasonal color.

Go Meatless

Salad isn't the only way to be an herbivore for a day. With these colorful substitutions, you won't even miss the meat.

- Replace ground beef in any recipe with finely diced and sautéed mushrooms.
- Use thick cuts of eggplant in place of chicken with recipes like eggplant parmesan.
- Omit the meat and double the vegetables for a healthy and colorful stir-fry.



The Kansas Hospital Association and Healthworks have created a series of resources designed to inform and support efforts to promote healthy food and beverage environments in Kansas hospitals. The content of this document is based on information available on the American Heart Association website at www.heart.org. These resources are funded in part by the Kansas Health Foundation. For more information, visit www.HealthyKansasHospitals.org.