

NATIONAL FRESH FRUIT AND VEGETABLE

Pile your plate with fruits and vegetables of every color of the **RAINBOW!**

RED

watermelon, strawberries, apples, cherries, cranberries, red grapes, red grapefruit, pomegranate, raspberries, tomatoes, red peppers, red beets, red cabbage, radishes, radicchio, red onions, red potatoes, and rhubarb

ORANGE

oranges, squash, cantaloupe, carrots, sweet potatoes, pumpkins, nectarines, mango, apricots, papaya, peaches, persimmons, tangerines, orange peppers, orange tomatoes, butternut squash

YELLOW

yellow apple, yellow figs, lemons, yellow kiwi, yellow pears, pineapple, yellow watermelon, yellow beats, yellow pepper, yellow potatoes, rutabagas, turnips, summer squash, corn, yellow tomatoes, winter squash, acorn squash

GREEN

Avocado, green apples, green grapes, honeydew melon, kiwi, limes, green pears, artichokes, arugula, asparagus, broccoli, broccoli rabe, Brussels sprouts, napa cabbage, green beans, cabbage, celery, cucumber, kale, Belgian endive



BLUE & PURPLE

Blackberries, blueberries, black currants, elderberries, figs, purple grapes, plums, prunes, raisins, purple asparagus, purple cabbage, eggplant, purple carrots, purple pepper, purple potatoes, purple kohlrabi



Tips for the summer!

- Add fruit, such as bananas, strawberries, or blueberries, to your cereal or oatmeal in the morning.
- Add extra vegetables to your sandwich at lunch, such as tomatoes, cucumbers, lettuce, or avocado.
- Instead of dipping pretzels or crackers in hummus, use carrot or celery sticks.
- Sneak vegetables into your favorite dishes. For example, add mashed cauliflower to your macaroni and cheese for more nutrition and fewer calories.
- Make a point of buying more fruits and vegetables.
- Purchase convenience sizes, if this will help you eat more fruits and vegetables.
- Make a tray or plate of fresh fruit and/or vegetables and leave in the refrigerator, for when you want a snack.
- Include fruit in yogurt, salads, cereal, ice-cream and other desserts.
- Incorporate vegetables in soups, stews, pies, wraps and sandwiches.

HURON COUNTY PUBLIC HEALTH