



Get Up & Move!

Parent Newsletter

Series 3: April

Five A Day The Color Way!

Five a Day The Color Way is a great way to combine good nutrition and fun for your child.

Eating five or more servings of colorful fruits and vegetables a day is part of an important plan for healthier living. Deeply-hued fruits and vegetables provide the wide range of vitamins, minerals, fiber, and phytochemicals (plant chemicals with disease preventative properties) your body needs to maintain good health and energy levels and reduce the risk of cancer and heart disease. Many of the phytochemicals and other compounds that make fruits and vegetables such healthy foods also give them their color. And, within each color group, each fruit and vegetable has benefits of its own. So, eat from each color group daily and try for variety within the color groups!

The color groups and their benefits are listed below:

- Blue/Purple: memory function, healthy aging
- Green: vision health, strong bones and teeth
- White: heart health, healthy cholesterol
- Yellow/Orange: heart health, vision health, immune system health
- Red: heart health, memory function

The USDA Food Guide Pyramid recommends five to nine servings of fruits and vegetables every day. Older children and teenage girls need at least seven servings and teenage boys need at least nine servings. Do your children eat enough fruits and vegetables?

Here are some suggestions to increase your family's intake!

- Add some grapes to your chicken salad.
- Keep a bowl of fresh fruit on the counter or table for easy snacking. Include fruits from the different color groups.
- Add purple, red, or yellow peppers to salads.
- Add apple slices or blueberries to your pancake batter.
- Have berries handy to add to cereals or serve for dessert or snacks.
- Try peas in macaroni and cheese or steamed broccoli on a baked potato.
- Encourage variety by letting children pick out a new fruit or vegetable at the grocery store.
- Add vegetables to spaghetti sauces, chili, or soups.