

Tips for Eating the Rainbow

In the morning...

1. Start the day with a smoothie – Pack it full of many colors or stick with just one. This is also a great way to sneak in greens for those who don't like to eat them.
2. Add veggies to morning eggs (peppers, onions, mushrooms, spinach, etc) – Not only are you boosting your health, it increases the amount you get to eat!
3. Top oatmeal or cereal with fresh or dried berries to add sweetness and nutrition.

When you are snacking...

1. Instead of chips, have your dips with veggies – Pair hummus, black bean dip, salsa or light dressing with crunchy veggies like baby carrots, celery, cucumber, peppers, cauliflower, etc.
2. Remember – out of sight is out of mind - Keep colorful fruit out where everyone can see and grab it for an easy snack on the go (think oranges or cuties, apples, bananas, berries, etc.)
3. If you find yourself needing that afternoon sweet fix, try dipping sliced fruit in Greek yogurt or nut butters, like peanut or almond butter, instead of reaching for that candy bar.

At mealtime...

1. Keep washed and cut up veggies handy to throw into lunchboxes as a side or to add to sandwiches and wraps – good ones to keep on hand include peppers, cucumbers, snow peas, carrots, lettuce, broccoli, etc.
2. Frozen veggies also make a great choice – you can add them to any dish (soup, spaghetti, chili, casseroles) or have them as a side – and an added bonus is they won't go bad if you don't eat them right away!
3. Adding shredded or finely chopped vegetables to a dish is a great way to add extra color and flavor. Try it with everything from lasagnas and pasta sauces to rice and potato dishes. You can even mix them in with meatloaf or burger patties – Try to combine your dish with the extra veggies in equal parts, that way you can eat twice as much with hardly any extra calories!

And don't forget dessert...

1. Start with the fruit! Put your favorite fruit in a bowl and top with Greek (or frozen) yogurt, nuts, granola or even dark chocolate chips! Sliced bananas or berries are especially nice for this.
2. Don't be afraid to cook your fruit. We loved baked fruit in pies, so why not on its own? All you need is a sprinkle of cinnamon and brown sugar to turn baked apples or pears into a winter treat.
3. And for the perfect end to any summer meal, throw that fruit on the grill! Try brushing peaches with a little olive oil and throwing them on the grill for a few minutes. If they are sweet enough they will taste great with just a sprinkle of cinnamon but it is OK if you need to add a little brown sugar or vanilla ice cream.