

EAT ORANGE

Eat a rainbow of fruits and vegetables like red, yellow, orange, green, blue, purple, white and brown! Each color is rich in specific nutrients that help us stay healthy.



Orange Fruit and Veggie Recipes:

[Pancit Bihon](#)

[Brown Rice Fried Rice](#)

[Pumpkin Pie in a Cup](#)

[Pumpkin Cake](#)

[Stuffed Sweet Potato](#)

[Pumpkin Turnover](#)

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Orange foods don't only add a burst of color to our food but are also full nutrients. Orange fruits and vegetables have lots of **carotenoids** (cuh-rot-tin-oids) that give them their beautiful bright color. When we eat foods with carotenoids, our bodies turn the carotenoids into Vitamin A. We need Vitamin A for good vision, healthy skin, and a strong immune system to fight off bacteria in our body.

Let's look at our orange fruit and vegetables and how we can include it into our eating patterns.

- Carrots - Add them to your favorite dishes, like fried rice, pancit, soup, salad, and stir-fry. This hearty root vegetable is filled with nutrients like vitamin A, vitamin K, and fiber.
- Pumpkin - Pumpkin is full of beta-carotene and it tastes amazing in desserts like pumpkin pie but can be just as delightful in savory dishes like a pinakbet.



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