

EAT PURPLE

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.



Red Fruit and Veggie Recipes:
[Eggplant Penne](#)
[Stuffed Eggplant](#)
[Tortang Talong](#)
[Turkey Chili with Taro](#)

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The bright color in fruits and vegetables are important in protecting our bodies. Purple-colored foods have anthocyanins (an-thow-sai-a-nins). Anthocyanins are antioxidants (ant-eye-ox-seh-dents) help protect against diseases like heart disease, cancer, and diseases of our mind, like Alzheimer's. Anthocyanin is found in foods that are purple, blue, and dark red fruits and vegetables like eggplant and blueberries. Here are some ways to include more eggplant and blue berries in your meals:

Eggplant:

- Stir-fry - Add eggplant to your stir-fry early along with other hard vegetables, such as carrots, so that it cooks all the way.
- Roasted - Roast eggplant and serve along side your favorite protein and pasta for a hearty family meal.

Blueberries:

- Blended - Use frozen blueberries in smoothies and smoothie bowls for a colorful and bright breakfast.
- Baked - Bake fresh or frozen blueberries in a fruit crisp for a sweet and healthy dessert.



For more information on fruit or to find out how much fruit YOU need visit the [MyPlate page!](#)

