




Eat a Rainbow


Better nutrition through color

Linda Dieleman, MS, RD, LN diele005@umn.edu
Angela Weidenbener, Dietetic Intern
Katy Ellefson, Dietetic Intern
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Video

Fruit & Vegetable Video Center




Eat a Variety of Colors PSA

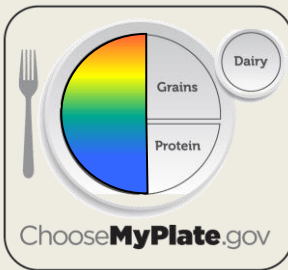
Bring color to your life and your plate with nutritious, delicious fruits and veggies! This PSA conveys the importance of eating a colorful variety of fruits and vegetables every day.

Length: 40

<http://www.fruitsandveggiesmorematters.org/>
 Click on "Video Center"



Make half your plate fruits and vegetables



Choose **MyPlate**.gov



Colors of the Fruit and Vegetable Rainbow

RED


ORANGE/YELLOW

GREEN

BLUE/PURPLE




WHITE/TAN






Health Benefits of **RED**

- Protect skin from sun damage
- Decrease wheezing, asthma and shortness of breath during exercise
- Decrease risk of heart disease
- Decreased risk of some types of cancer



Stand up if you ate a **RED** fruit or vegetable in the last few days

Cherry

Raspberry

Strawberry

Tomato

Apple

Watermelon

Red pepper

Beet

Radish

Red onion

Health Benefits of **ORANGE/YELLOW**

- Lowers blood pressure
- Fights off colds
- Keeps the spring in your step



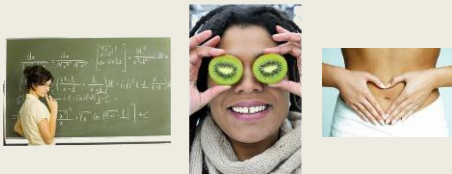
Stay standing if you ALSO ate a **ORANGE/YELLOW** fruit or vegetable in the last few days

- Apricot
- Cantaloupe
- Peach
- Pineapple
- Lemon
- Orange

- Squash
- Carrots
- Pumpkin
- Sweet Potato
- Bell pepper

Health Benefits of **GREEN**

- Keeps your mind sharp
- Promotes healthy vision
- Makes for a healthy gut



Stay standing if you ALSO ate a **GREEN** fruit or vegetable in the last few days

- Avocado
- Apple
- Honeydew
- Kiwi
- Lime
- Green grapes

- Broccoli
- Asparagus
- Lettuce
- Celery
- Cucumber
- Peas
- Spinach

Health Benefits of **BLUE/PURPLE**

- Improve heart health
- Prevent memory loss
- Promotes growth of new brain cells



Stay standing if you ALSO ate a **BLUE/PURPLE** fruit or vegetable in the last few days

- Blackberry
- Blueberry
- Grapes
- Plum
- Raisin
- Fig

- Cabbage
- Eggplant
- Black bean
- Olives

Health Benefits of **WHITE/TAN**

- Balances hormones
- Activates your immune system



Stay standing if you **ALSO** ate a **WHITE/TAN** fruit or vegetable in the last few days

Banana Dates Nectarine Pear	Cauliflower Artichoke Mushrooms Onion Jicama
--	---

A round of applause for our rainbow eaters!



Beyond Health: Why Eat A Rainbow?

- Takes a load off your mind
- You may eat less
- Rainbow foods taste better
- Sets a good example



Quiz Time!

Take out your colored paper squares. Use them to vote for the answer to the following questions.

RED	ORANGE/ YELLOW	GREEN
BLUE/ PURPLE	WHITE/TAN	

Carrot varieties belong to two color families. **ORANGE** and ?



BLUE/PURPLE

Dark green vegetables
have lots of beta-
carotene.

What other color group
is rich in beta-carotene?



ORANGE

Apples are found in
three color families.

Which color family
does not include
apples?



BLUE/PURPLE

Which color group
contains
vegetables that are
a good source of
calcium?



GREEN

High in folate, this fruit has 200 seeds on its outside.

What color group does it belong to?



RED

Popeye helped boost the consumption of this vegetable by 30% in the 1930s.

Which color group does it belong to?



GREEN

Resveratrol has heart health benefits.

Which color group has the fruit with lots of resveratrol?



Canning this fruit/vegetable makes the lycopene easier for our body to absorb.


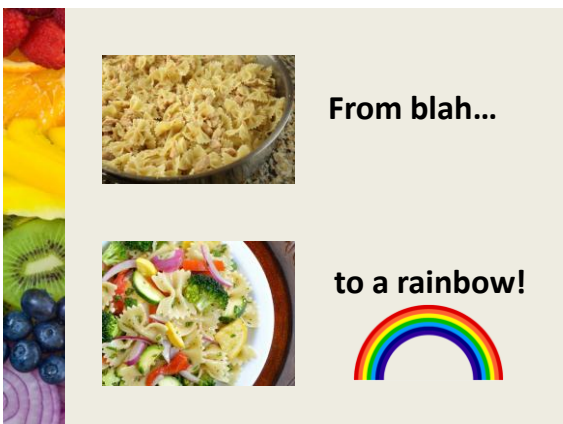
What color group does this fruit/veggie belong to?



From the WHY to the HOW

Add fruits and vegetables into meals you already enjoy

- Veggies in pasta salad
- Vegetable pizza
- Stir fry veggies with rice
- Fruit kabobs




From blah...



to a rainbow!





From blah...



to a rainbow!





From blah...



to a rainbow!





From blah...



to a rainbow!




Rainbow Resources for Your School

- P.A.C.K. Week
<http://www.welchs.com/pack>
- Rainbow Salad Bar Challenge
<http://saladbars2schools.org/pdf/rainbowdays.pdf>





Rainbow Challenge

We need 10 volunteers

Teams: Your Job!

- TEAM **RED: RED BELL PEPPER**
- TEAM **ORANGE/YELLOW: CARROTS**
- TEAM **GREEN: SPINACH**
- TEAM **BLUE/PURPLE: RAISINS**
- TEAM **WHITE/TAN: CAULIFLOWER**

You have 3 minutes to make the most colorful meal you can!

Here are some jokes while the teams work!



Why is it not wise to tell secrets in a cornfield?


There are too many ears!



What did the lettuce say to the celery?


Quit stalking me!






What vegetable
did Noah leave off
the Ark?

Leeks



What is small, red
and whispers?


A hoarse radish!




How do you fix a
cracked pumpkin?

With a pumpkin
patch!






Why did the
tomato go out
with a prune?




Because he
couldn't find a
date!




How do you fix a
broken tomato?



Tomato paste!



What's a tailor's
favorite vegetable?



A string bean!



What kind of vegetable is jealous?

A green bean



What do two strawberries do when they meet each other?

A strawberry shake!



What kind of shoes are made from banana peels?

Slippers!



What did one sun-
bathing banana
say to the other?

I don't know about
you, but I'm
starting to peel!



Why did the
people dance to
the vegetable
band?


It had a good beet!



A guy walks into a
doctor's office
with a carrot in his
ear and celery up
his nose...


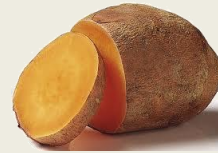
...the doctor told
him he wasn't
eating right!






What did the
sweet potato say
to the pumpkin?

I yam what I yam.



What vegetable
might you find in
your basement?


Cellar-y!




Why did the man
at the orange juice
factory lose his
job?

He couldn't
concentrate!







What happens
when you sit on a
grape?




It gives a little
w(h)ine!



What is Noah's
favorite fruit?



Pears (pairs)!



What vegetable is
green and goes to
a summer camp?



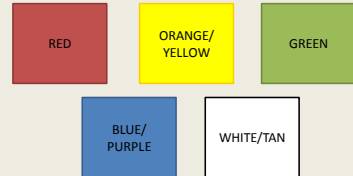
A Brussels' scout!



Report from each team

- TEAM **RED: RED BELL PEPPER**
- TEAM **ORANGE/YELLOW: CARROTS**
- TEAM **GREEN: SPINACH**
- TEAM **BLUE/PURPLE: RAISINS**
- TEAM **WHITE/TAN: CAULIFLOWER**

Vote for the winner!



New MSNA Nutrition Core Course

Nutrition Building Blocks for Great Trays



7 Modules

1. Feeding Our Nation's Children
2. What to Eat
3. Healthy School Meals
4. Food Based Menu Planning
5. Tools to Support Your Healthy Menu
6. Marketing and Partnerships
7. Staff Professional Development

To find a course



www.mnsna.org/training

Personal Wellness Program from SNA



www.schoolnutrition.org

→ Resource Center

The STEPS Program

- S**et your goals
- T**rack your progress
- E**mbrace new habits
- P**romote healthy eating
- S**hare your success

The STEPS Program Resources

- Toolkit
- Healthy Recipes
- Fitness Ideas
- Simple Solutions
- Challenges
- Prizes
- Get Advice
- Share Your Success Story



Please complete your evaluation and turn it in on the way out.