
RAINBOWS

Fill your plate with color!

Health Benefits of Colorful Meals :

When you make your plate colorful, you wind up eating lots of different fruits and vegetables, and that's great for your health!

MyPlate asserts, "Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke."

That same eating plan may help protect against certain types of cancers.

Plus, fruits and vegetables are loaded with fiber!

According to MyPlate, a diet rich in fiber "may reduce the risk of heart disease, obesity, and type 2 diabetes."

How will you fill your plate in order to maximize these benefits?

Strategies for Adding Color to Your Meals:

Make colorful fruits and vegetables part of every meal! If you do, you'll get more nutrients, feel fuller for a longer period of time, and give your body the things it needs to stay healthy!

MyPlate asserts that people should fill half their plates with fruits and vegetables at each meal. That's a tall order, but if you start by adding a salad to each meal and snack on fruits and vegetables instead of chips and crackers, you'll be well on your way to a healthy eating pattern!

Variety is key too. Don't just eat broccoli at every meal, every day! Mix things up by choosing a wide variety of fruits and vegetables. Make your plate as colorful as you can, choosing a variety of foods at each meal.

