



Eat Colorfully!

Easy, Quick, Delicious



Pumpkin

Yellow/orange fruits and vegetables, contain vitamin C, vitamin A and potassium. They can boost your immune system and enhance vision.

Pumpkin Yogurt- Just add some canned pumpkin to plain or vanilla yogurt with pumpkin pie spice or cinnamon and enjoy!

Pumpkin Hummus

Beans/Hummus

Canned beans are versatile packed with protein, fiber and nutrients.

Look for low-sodium varieties or rinse with water before using.

<https://cannedbeans.org/recipes>

White Bean and Veggie Salad

Hummus Veggie Sandwich

Artichoke

Artichokes are rich in fiber, vitamin C, folate, (a B- vitamin associated with brain and heart health), Magnesium and Potassium (Amounts similar to a banana).

Canned, jarred or frozen artichokes are soft and easy to use!

Mediterranean Pasta Salad

Grapes

Studies suggest a diet rich in grapes can help protect against metabolic brain decline in Alzheimer's -related areas of the brain.

Powerful antioxidant Resveratrol is found in the skin of red grapes.

[Quinoa with grapes and roasted carrots salad](#)

Summary

Eat Seasonally! Vibrantly colored fruits and vegetables are rich in vitamins, minerals, fiber and antioxidants. Choose fruits and vegetables that are high in fiber, they will fill you up more, leaving less room for foods that are high in calories and fat. High-fiber diets have been associated with decreased risk and recurrence of cancer.

Simple Tips:

If you can't get fresh fruits and veggies, frozen is fine. Look for low sodium canned vegetable and soup versions and choose canned fruit that's packed in water or natural juice. Find more recipes at <https://www.myplate.gov/myplate-kitchen> and <https://foodhero.org/healthy-recipes>

Include whole grains (oatmeal, popcorn, whole grain bread and cereal, quinoa, brown rice, wild rice, and more!) They pair perfectly with fruits & veggies and add additional fiber to your day and are rich in B vitamins, iron, copper, zinc, magnesium, antioxidants, and phytochemicals.

Simple Tips:

- Add cooked grains of your choice and/or beans to soups and salads. They taste great in Tomato Basil and Vegetable soups!
- Add cold, cooked quinoa to applesauce and sprinkle on cinnamon. If you like rice or tapioca pudding you should enjoy this.

Oatmeal: with savory toppings. Sausage, squash/sweet potato/pumpkin, sautéed greens (kale, spinach etc.), onion, peppers, tomato, mushrooms, eggs (Cooked the way you like them), smoked salmon, avocado, cheese (feta, parmesan, etc.), green onion, sriracha, lemon zest, fresh herbs. Here is a basic recipe for [Savory Oatmeal](#)

Find more whole grain recipes at <https://wholegrainscouncil.org/recipes>

Bottom line: *If you want more energy, healthy skin, regular bowel function, improved cognition, and a strong immune system, eat colorfully, include whole grains and seasonal produce and drink plenty of fluids each day.*