



NUTRITION TIPS

Eat Right With Color!

February is American Heart Month

Go with whole grains.

Bread, cereal, rice, crackers, pretzels. Whole grains include, wheat, rye, rice, barley, quinoa and oatmeal.

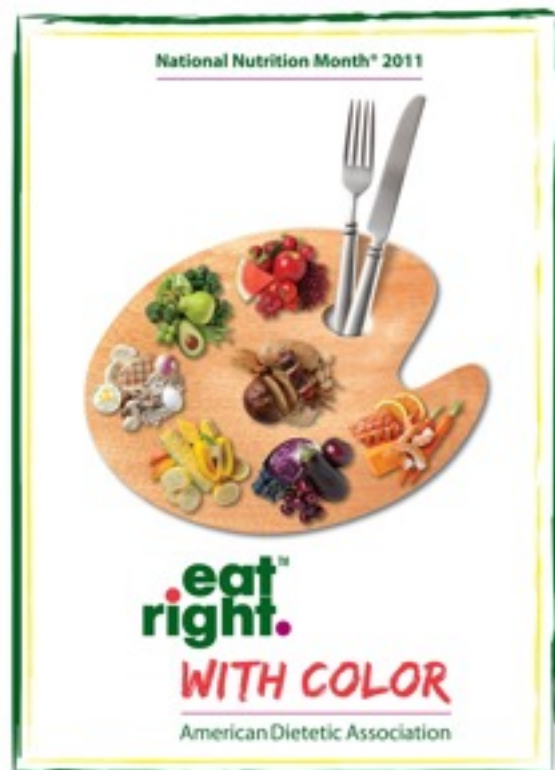
Beans are Beneficial

Whole grains are loaded with fiber, B-vitamins, fiber, chromium and zinc.

Beans are one of the most heart healthy foods. They are naturally low in sodium and fat and high in fiber and plant sterols which help lower cholesterol.

Beans are also a great source of B vitamins, protein and minerals such as magnesium, zinc, and iron.

March is National Nutrition Month



Variety is good!

Green. These foods contain indoles that help the liver and intestinal tract get rid of harmful compounds.

Examples include broccoli, brussels sprouts, cabbage,

Salads are Super!

Orange. These foods contain alpha- and beta-carotenes, thought to improve cell-to-cell communication, night vision, and reduce the risk of cancer.

Examples include carrots, mangoes, winter squash, and sweet potatoes.

Eat Right With Color

- Carrots – orange
- Corn – yellow
- Lettuce – white green
- Green beans – green
- Broccoli – green
- Tomato sauce - red
- Mashed potatoes – white
- Apple – red
- Banana – yellow
- Blueberries – red/purple

This Week's Highlights

Monday

Try for fruits and vegetables with natural green colors (lettuce, green beans, broccoli).

Tuesday

Try for fruits and vegetables with natural red/purple colors (blueberries, red apples).

Wednesday

Try for fruits and vegetables with natural yellow/orange colors (corn, nectarines).

Thursday

Try for foods with natural white green colors (potatoes, cabbage, onions, celery pears, lettuce).

Friday

Try for **variety** of fruits and vegetables with



Check out **Fai** **Balance fruits and vegetables with high-protein foods**
<http://blog.fai.org> **as meat, fish, poultry, eggs, beans (legumes) and nuts**
updates!