**Color your plate**

Enjoy foods that are a treat for your eyes and body. Pack more nutrients into your day by eating fruits and vegetables in a wide variety of colors. The potential health benefits of a colorful plate range from reducing cancer risks and inflammation to lowering your cholesterol. Challenge yourself to eat the colors of the rainbow.

**Wake up with fruit**
Add fruit to your breakfast with smoothies, oatmeal, waffles, pancakes, cereal, or toast.

**Get saucy**
Puree apples, berries, peaches, or pears in a blender for a thick, sweet sauce for poultry or seafood.

**Add color to salads**
Salads are an empty canvas. Add dried cranberries, grapes, mandarin oranges, strawberries, zucchini, broccoli, cauliflower, beets, and onions for a colorful dish.

**Variety abounds**
Challenge yourself to find ways to use more vegetables. Add extra veggies to wraps, sandwiches, pastas, and atop pizzas.

**Grill it**
Grill colorful vegetables or fruit kabobs packed with tomatoes, peppers, mushrooms, and onions or pineapple, peach, and banana slices.

For more information visit [Wellness.IllinoisState.edu](http://Wellness.IllinoisState.edu)