

# 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.

If you would like a copy of this publication for use in your department, contact Health Promotion and Wellness at (309) 438-WELL (9355), or print from our Toilet Talk archives at [Wellness.IllinoisState.edu](http://Wellness.IllinoisState.edu).

## 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)



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