

Focus on Red and Orange Vegetables



The Tasty Truth

The red and orange vegetable group contains over 12 different types of vegetables including winter squash (butternut and acorn), sweet potatoes, carrots, pumpkins, red peppers, and tomatoes.

Colorful fruits and vegetables are packed with nutrients and antioxidants - did you know the red vegetables in this group owe their color to lycopene, which may reduce the risk of certain types of cancer? It is important to eat around 2-3 cups of vegetables daily, choosing a variety of colors throughout the day and week. You can do this by making sure most of your meals and snacks include a vegetable, whether it's in the form of a sauce, casserole, salad, juice, or another favorite dish. Not only are vegetables a healthy snack but they also help to maintain healthy eyes, keep bones and teeth strong, and maintain a healthy immune system. Vegetables can be prepared in a variety of ways and there are so many options out there - so make it a point to explore different vegetable recipes with your family and vote on which are "dinner winners!"

FUN FACTS

Fun Fact: Americans eat more than 22 pounds of tomatoes each year; more than half of this amount in the form of ketchup and/or tomato sauce. However, you should only be counting the tomato sauce towards your daily vegetables!

Fun Fact: It takes 23 cups of broccoli to provide the same amount of vitamin A as one medium sweet potato.

Fun Fact: A baby carrot isn't exactly a baby. Baby carrots come from a large carrot that has been peeled and cut and turned into a round-ended baby carrot. The leftover parts of the carrot are used in juices and shredded in salad mixes.

Walk, Walk, Walk

Becoming a healthier you isn't just about eating healthy; it's also about physical activity. Regular physical activity is important for your overall health and wellbeing. One tip to help you reach the recommended 30 minutes of physical activity per day (60 minutes for children) is to WALK. You can do this by parking in the back of the parking lot and walking a little further to the store. Walking after dinner with the family is another great way to get moving and spend time together. Whenever you take a break at home or at work make time to move. While talking on the phone you can even walk around the house. All this moving will make for a happier and healthier you, and it doesn't require a gym membership or fancy equipment.



RIDDLE



I am come in all different shapes and sizes and a variety of colors, I am the sweetest when I am red and I am commonly used when making fajitas. What am I?

Answer: Bell Pepper

Pizza Party!

Pizza is most children's favorite food. Not only is it easy and affordable but it is something you can make as a family. Buy a plastic lettuce knife and let your child prep the toppings for the pizza (or the salad to be served on the side) or have them assemble the pizza.

To make a lighter version of traditional pizza use part-skim mozzarella or other low fat cheeses and substitute lean meats like chicken for sausage and bacon. Buy whole grain crust or substitute flat bread and make individual pizzas, which is great for portion control and ensuring everyone gets to choose their own toppings.

In addition, pizza is a great way to get your kids to eat more vegetables. Add vegetables under the layer of cheese or top with fresh tomatoes once out of the oven. If veggies ON the pizza isn't a family favorite, have the kids help make a fresh tossed salad to be served before or during the meal. Filling up on salad and vegetables will make you less likely to go overboard on the pizza. No matter how you slice it, making your own pizza is a satisfying, fun accomplishment for the whole family that can also be nutritious!

RECIPE:

Sweet Potato Salad



Roasting vegetables is an easy, healthy way to bring out their natural sweetness. Serve them hot or cold on their own or put them in a salad, like in this recipe.

Portion Size: ½ cup

Servings: 4

Ingredients

1 lb fresh sweet potatoes	1-1/2 Tbsp Canola oil
2-1/2 tsp lemon juice	½ tsp sugar
1/8 tsp nutmeg	½ tsp cinnamon
¼ tsp pepper	¼ cup raisins (optional)

Instructions

1. Preheat the oven to 400 degrees F.
2. Peel and cube the sweet potatoes into 1" pieces. Toss cubes with the oil and place on a sheet pan. Roast in the oven for 25 minutes or until tender.
3. Once potatoes are done cooking, set aside to cool and place in the refrigerator.
4. Whisk together the lemon juice and sugar until the sugar has dissolved. Add the nutmeg, cinnamon, and pepper and pour over the potatoes. Toss gently to coat.
5. Stir in the raisins.
6. Serve cold.

Nutrition: 1/2 cup provides 156 calories, 6 grams (g) fat, 30 mg sodium, 26 g carbohydrate, and 2 g protein.

Helpful Links

Learn more about vegetables and how to incorporate them into your family's meals by visiting the USDA's MyPlate website: www.choosemyplate.gov