



Fun-Lovin' Foods

Fruits & Veggies Provide Appealing Color

Shades of red, pink, purple and white are the fruit & veggie colors of February. This month we celebrate Valentine's Day and Heart Month so have fun with fruit and veggie "heart colors and shapes"!

Try these ideas:

- **Heart Colors Day or Week** - Challenge one co-worker or several, family or friends to see how many red, pink, purple and white fruits & veggies they can eat in a day or week. Keep records and award the person with the most variations a heart healthy pedometer or fruit basket.

Examples:

- Pink grapefruit sections or grapes at breakfast
- Cooked beets or red potatoes and onions at lunch
- Radishes and jicama or red plums as a snack
- Frozen strawberries, raspberries and blueberries layered between low fat vanilla yogurt or pudding in a bowl for dessert

- **Healthy Heart-shaped Snack** – At your next gathering of friends or family create a fun veggie plate to bring along. With red pepper strips make the outline of a heart and fill the heart shape with turnip slices and/or cauliflower florets and cherry tomatoes. Bring a dip of either low fat raspberry vinaigrette or ranch dressing.

Choose your *Challenge* goal to eat colorful fruits & veggies:

- Add tomatoes, red peppers, onions and other veggies to sandwiches.
- Choose a new fruit or veggie to eat as a snack this week.
- Keep a bowl of fresh, colorful fruit on the kitchen counter or table to be visible and accessible to eat.
- Create your own *Challenge* goal. _____

