

COLORFUL PLATES & HEALTHY FUTURES

CELEBRATING CULTURE & NUTRITION

FRUITS AND VEGETABLES COME IN A WIDE RANGE OF COLORS. IT IS SO IMPORTANT TO "EAT THE RAINBOW" BECAUSE DIFFERENT COLORS CONTAIN DIFFERENT HEALTH BENEFITS. HERE'S A LIST OF BENEFITS ASSOCIATED WITH COLORED FRUITS AND VEGETABLES:

Red: Lycopene and Anthocyanins – These can protect against cancer, decrease risk of heart disease, reduce inflammation, and support brain function.

Orange & Yellow: Carotenoids – These can support eye health and immune function.

Green: Chlorophyll, Indoles and more – These can protect against cancer, help with tissue repair and detoxification, and support the immune system.

Blue & Purple: Anthocyanins and Resveratrol – These can improve brain health and memory, reduce inflammation, and decrease the risk of heart disease.

White & Brown: Anthoxanthins, Allicin, Quercetin – These can help with cholesterol levels, blood pressure, heart health, and muscle function, reduce inflammation, protect against cancer, and support the immune system.

SEPTEMBER IS **NATIONAL FRUITS & VEGGIES MONTH**, AN OPPORTUNITY TO BRING GREATER ATTENTION TO THE HEALTH BENEFITS OF EATING FRUITS AND VEGETABLES.

The benefits of eating enough fruits & veggies:



- ✓ Lower risk of heart disease
- ✓ Improved brain health
- ✓ Healthier digestion
- ✓ Boosted immune function
- ✓ Better skin health
- ✓ Increased energy levels
- ✓ Reduced inflammation

Help your kids enjoy fruits and veggies



Next time I shop with my child I will:

- Let my child choose a new fruit or veggie at the grocery or market.
- Ask my child to help place the fruits and vegetables in the produce bag.
- Point out in-season fruits and vegetables to my child.



When I prepare a meal this week I will:

- Ask my child to help with a fruit or vegetable dish (rinse, tear, scoop, mix).
- Help my child make fun shapes from fruits and veggies.



During a family meal this week I will:

- Give fruits and vegetables kid-friendly names.
- Talk about how foods taste, feel and look.
- Be a role model and eat the fruits and veggies I want my kids to eat.



Try one small change at a time. They will add up to healthy children.

Start simple
with MyPlate



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celebrate HISPANIC HERITAGE MONTH



HISPANIC HERITAGE MONTH IS CELEBRATED EVERY YEAR FROM SEPTEMBER 15- OCTOBER 15. THE MONTH-LONG CELEBRATION ALLOWS US TO RECOGNIZE THE ACCOMPLISHMENTS AND CONTRIBUTIONS OF HISPANIC/LATINO AMERICANS. THE LATINO COMMUNITY HAS HAS A UNIQUE AND IMPORTANT INFLUENCE ON THE UNITED STATES, AND IT IS VITAL THAT THEIR CONTRIBUTIONS ARE CELEBRATED. YOU CAN CELEBRATE HISPANIC HERITAGE MONTH BY SUPPORTING LATINO BUSINESSES, READING INTO THE RICH HISTORY OF LATINO CULTURE, AND IMMERSING YOURSELF IN LATINO CULTURE!

ARGENTINEAN GRILLED STEAK
WITH SALSA CRIOLLA



CHICKEN POZOLE SOUP



HORCHATA



PLANTAIN CUPS WITH SHREDDED
CHICKEN | MOFONGUITOS

