EATING 101
RU DINING HEALTHY?
A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between RU Dining Services and the Department of Nutritional Sciences

Paint Your Plate with Color

Just as color is important to an artist’s palette, color is essential to your plate. In order to get a variety of nutrients from your fruits and vegetables, think of your plate as a canvas and paint your plate with a spectrum of color.

**Reds:**

**Benefits:** Lycopene, a disease-fighting antioxidant, is found in red foods such as tomatoes. Daily consumption of lycopene-rich foods may reduce “bad” cholesterol and lower blood pressure.

**On your plate:** Enjoy your pasta with a tomato based marinara sauce or have pink grapefruit or watermelon with your morning yogurt.

**Greens:**

**Benefits:** Your mom was right when she told you to eat your greens! Greens contain powerful antioxidants such as lutein that may reduce cancer risks and prevent macular degeneration.

**On your plate:** Sneak some spinach in your sandwich or add broccoli to your omelet.

**Oranges/Yellows:**

**Benefits:** Your heart and vision will thank you when you add Vitamin A rich orange/yellow foods to your plate.

**On your plate:** Add some carrots to your soup or have an orange with your toast.

**Blues/Purples:**

**Benefits:** Anthocyanins, an antioxidant responsible for the blue-purple color benefits your memory retention and aids in urinary tract health.

**On your plate:** Try adding eggplant to your pasta or purple grapes to your granola.

**Whites/Browns:**

**Benefits:** These foods are colored by pigments called “anthoxanthins” that may help lower cholesterol. In addition, potassium, a mineral that enables fluid regulation in the body, can be found in cooked mushrooms and bananas. Cauliflower contains Folate and Vitamin K, which is important for blood clotting.

**On your plate:** Have fun with fungi and have the pasta station sauté mushrooms for you or top whole whole-grain cereal with some banana slices.

See the rainbow, Taste the rainbow

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Questions? Post on our Facebook (RU Healthy Dining Team) Twitter (@RUHDT), Instagram (@RU_HDT) or e-mail us at peggy@dining.edu. Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and past newsletters, visit our web page at http://food.rutgers.edu or visit our blog at http://ruhdt.wordpress.com