

Spice of Life

Nutrition Education Newsletter



MEALS on WHEELS
PINELLAS COUNTY

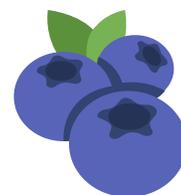
May 2022

Brought to you by your
Licensed Dietitian Nutritionist

Eating A Colorful Diet

"We eat with our eyes first." The quote can be attributed to the first-century Roman citizen Apicius, but it still rings true today. Whether good or bad, visuals can have a powerful effect on our appetite, which is why it's important to choose foods that appeal to all of our senses! Plus, eating the rainbow will help you meet your dietary needs. For example:

- **RED** fruits and vegetables, like tomatoes, strawberries, and red peppers, are loaded with Vitamins C and A, potassium, and antioxidants.
- **GREEN** fruits and vegetables, like broccoli and spinach, are packed with vitamin K and potassium. Not only can they help protect the heart and keep bones and teeth strong, leafy greens boast a high amount of antioxidants and fiber.
- **BLUE** and **PURPLE** fruits and vegetables, including blueberries, purple grapes, and eggplant, can help boost memory and encourage healthy aging.
- **YELLOW** and **ORANGE** fruits and vegetables, such as carrots, sweet potatoes, peaches, and pineapples, contain high amounts of vitamins C and A and potassium. Bonus: they can strengthen immunity and improve vision.



Florida Produce of the Month: Bell Peppers

All bell peppers are grown on the same vine, but their flavors and colors vary based on when they're picked. Green peppers are harvested before they're completely ripe, but if left on the vine, they will ripen into orange, yellow (fruity) or red (sweet) peppers. Diverse, delicious, and nutritious, peppers have twice as much vitamin C as oranges, and they're in season all year round!

Sources: Bell Pepper. <https://www.fdacs.gov/Consumer-Resources/Health-and-Safety/Living-Healthy-in-Florida/All-About-Florida-Products/Bell-Pepper>
Eat a Colorful Diet. <https://www.rush.edu/news/eat-colorful-diet>

Did you know nutrition counseling is free for anyone over age 60?

Your dietitian can help you meet your health goals.

Call 727-573-9444 to speak with your dietitian.