

Ten Ways to Color Your Holidays Healthy

*Fruits and vegetables make for wonderful holiday foods. Packed with vitamins and nutrients, they help fight winter's colds and infections. During the hectic holiday season, they are perfect to eat on-the-run as well as on any festive holiday table. Surprisingly, only 1 in 4 American adults gets the minimum of 5 to 9 servings of fruits and veggies for optimal health. **Here are ten ways to color your holidays healthy:***

1. **RED:** Top sliced red peppers on holiday pizzas. Add dried cranberries into a spinach salad. With heart-warming chili, stir in tomato sauce and diced tomatoes.
2. **GREEN:** Toss a salad with baby spinach leaves and a variety of greens in every shade- Romaine lettuce, Boston lettuce, Bib lettuce and butter lettuce.
3. **WHITE:** For a seasonal vegetable tray, use a cookie cutter to shape turnips, rutabaga and jicama. Use a banana for a dashboard or desktop opportunities.
4. **GOLD:** For some comfort food, mash Yukon gold potatoes with light sour cream. Bake winter squash or acorn with a drizzle of olive oil and brown sugar.
5. **YELLOW:** Create a zesty vegetable medley by sautéing summer squash and/or yellow peppers. Serve canned pineapple slices as a dessert or a garnish.
6. **ORANGE:** Have a glass of orange juice (calcium-fortified) in the morning. Peel an orange for an energizing snack. Add mandarin oranges into a fruit salad.
7. **PINK:** Enjoy half a pink grapefruit any time of the day. Create a layered “mocktail” in sunset hues by pouring pink grapefruit juice into apple juice.
8. **BLUE:** Top a bowl of cereal with fresh blueberries. Add dried blueberries to a healthy snack mix. Add frozen or canned blueberries to vanilla or blueberry yogurt.
9. **PURPLE:** Have fresh or dried plums in your brown bag lunch. Add eggplant to an Asian stir-fry.
10. **Keep a color splash in mind every day!** Have 5-9 servings of fruit and vegetables every day of the year for optimal health.

For more information or a 1:1 wellness consultation, please contact Julie Chobdee, MPH, Wellness Program Coordinator, at Julie.Chobdee@ucr.edu or x2-1488.

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