

Fruits and Vegetables

It's Rainbow Season: No, Not The Weather—The Produce Selection

(NAPSA)—What's healthful, colorful and most abundant this time of year? Fresh fruits and vegetables.

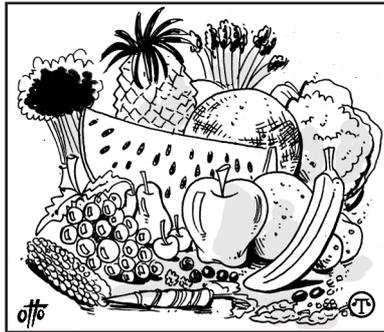
Supermarkets and produce stands are overflowing with a huge selection, which makes it especially easy to follow the advice of the experts at the National Cancer Institute (NCI). They say that by filling your shopping cart with a rainbow of fruits and vegetables—green, yellow-orange, red, blue-purple and white—you'll be likely to get a powerhouse of nutrients that promote good health.

NCI encourages consumers to eat fruits and vegetables from each of these color groups:

- **Green**—Peas, green beans, asparagus, mixed greens, kiwi-fruit, grapes.
- **Yellow-Orange**—Bell peppers, corn, peaches, apricots.
- **Red**—Strawberries, cherries, watermelon, tomatoes, beets.
- **Blue-Purple**—Blueberries, blackberries, plums, eggplant, radicchio.
- **White**—Nectarines, cauliflower, sweet onions, leeks, garlic.

The rainbow of choices make it that much easier to meet the daily recommendations: Most young children should eat 5 servings of fruits and vegetables; older children, teen girls and most women should eat 7; teen boys and most men should eat 9 a day.

It's one of the easiest and most refreshing things you can do for your health. Here are some deli-



Seasonal fruits and vegetables offer an abundance of variety in the produce department.

cious and easy ways to include fruits and vegetables in your meals:

Sunny Fruit Salad

Provides 4 people with 2 fruit servings each

- 1 cup strawberries, hulled and sliced**
- 1 cup blueberries**
- 4 apricots, pitted and sliced**
- ½ cup cherries with stems removed, pitted and halved**
- ½ cup raspberries**
- 1 container (8 oz.) low-fat vanilla yogurt**

Combine fruit in a bowl and toss with yogurt. Serve.

Versatile Marinated Vegetables

Provides 4 people with more than 2 vegetable servings each

- 1 medium zucchini, diced**

- 1 medium yellow squash, diced**
- 1 cup halved grape tomatoes**
- 1 cup corn**
- 3 Tbsp. minced red onion**
- 1 tsp. each, olive oil and balsamic vinegar**
- ¼ tsp. each, salt and pepper**

Toss all ingredients in a bowl. Serve alone or over mixed greens or hot rice. Use as a pita filling, or spoon over grilled chicken or fish. Store refrigerated up to two days.

Party Cooler

Provides 10 people each with more than 2 fruit servings.

- Vegetable cooking spray**
- 3 cups balls or cubes of cantaloupe, honeydew, and watermelon**

- 1 mango, diced into ¾-inch squares**

- 1 (6-ounce) can pineapple juice**

- 1 (25-ounce) bottle sparkling white or red grape juice, chilled**

Spray a rimmed baking sheet with cooking spray; place melon balls and mango in a single layer, and freeze for at least 1 hour. Divide frozen fruit among 10 large glasses.

Top with pineapple juice, then with grape juice. Serve.

For more tips and recipes, visit www.5aday.gov.