Celebrate the Season with Red, White, & Blue Foods

In honor of the 4th of July, try some foods that are naturally red, white, & blue. Colorful fruits and vegetables contain essential vitamins, minerals, fiber, antioxidants and phytonutrients that work together for good health. Color + Variety = Good Health.

Science has shown that the colors of fruits and vegetables say a lot about their health benefits. However, approximately 8 in 10 Americans fall short in virtually every color category of fruits and vegetables.

⭐ Reds—Lower cancer risk and help with a healthy memory, heart, & urinary tract.

Try more red foods such as cherries, cranberries, raspberries, red cabbage, and strawberries.

⭐ Whites—Help lower cholesterol and high blood pressure.

Try more white foods such as cauliflower, garlic, honeydew, mushrooms, onion, pears, and potatoes.

⭐ Blues—Protect against cancer. Healthy for heart and memory.

Blueberries in particular are linked with health benefits. According to a U.S Department of Agriculture study of more than 40 fruits and vegetables, blueberries ranked high in antioxidant activity. A 1/2-cup serving of blueberries had as much “antioxidant power” as five servings of other fruits and vegetables.

Try more blue foods such as blueberries, blackberries, purple cabbage and blue potatoes.
American Flag Toast

1 slice whole wheat bread
1 tablespoon peanut butter
9 blueberries
1/2 banana, sliced
3 strawberries, sliced

Toast bread, if desired. Spread with peanut butter. Arrange blueberries in top left corner for the stars. Alternate rows of strawberries and bananas to create stripes.

Red White & Blue Watermelon Treat

4 cups cubed, seeded watermelon
1/4 c. granulated sugar
2 c. blueberries, fresh or frozen
4 Tbsp. lime juice, divided
1 Tbsp. orange juice
1/3 c. vanilla or lemon nonfat yogurt

In a large bowl, toss watermelon cubes with 3 tablespoons lime juice; cover and chill. In a small saucepan, stir together sugar, orange juice and remaining 1 tablespoon lime juice. Cook over medium heat, stirring occasionally, for two minutes. Add blueberries; continue cooking just until liquid returns to a boil. Cool to room temperature. Divide watermelon among six bowls; spoon blueberry sauce over and drizzle with yogurt.


For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary, Kootenai & Shoshone Counties 208-446-1680

North Central Idaho: Clearwater, Idaho, Latah, Lewis, & Nez Perce Counties 208-883-2267

To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD Phone: 208-446-1680
E-mail – kalig@uidaho.edu Web: www.eatsmartidaho.org

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