

# SENIOR NUTRITION NEWS

*Eat Smart Idaho Program*

July 2020

## 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   | 4 Tbsp. lime juice, divided           |
| 1/4 c. granulated sugar           | 1 Tbsp. orange juice                  |
| 2 c. blueberries, fresh or frozen | 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.

**Sources:** [https://files.nc.gov/ncoshr/migrated\\_files/Support/Wellness/synergycolorwheel.pdf](https://files.nc.gov/ncoshr/migrated_files/Support/Wellness/synergycolorwheel.pdf); <https://plantsforhumanhealth.ncsu.edu/2013/07/04/the-colors-of-patriotic-produce-reds-whites-and-blues/>; <https://prairiefare.wordpress.com/2019/06/28/try-some-red-white-and-especially-blue-foods-on-the-4th-of-july/>; <https://www.ag.ndsu.edu/food/recipes/fruit/red-white-and-blue-watermelon-treat>; <https://produceforkids.com/recipes/american-flag-toast/> retrieved 06/30/20

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

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



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