



RED & ORANGE VEGETABLES

ORANGE YOU GLAD I'M ON YOUR PLATE?

The red and orange vegetable group includes carrots, sweet potatoes, tomatoes, acorn squash, butternut squash, red peppers, pumpkin, and hubbard squash and are full of vitamins A, C & K, phytonutrients, and antioxidants. The antioxidant beta-carotene is responsible for the orange hue, while red vegetables get their color from lycopene, also an antioxidant. All these nutrients aid in eye health, reduce the risk of certain cancers and illnesses, promote healthy joints and collagen formation, boost our immune systems and help build healthy skin. The health benefits of these colorful vegetables are endless!

Be sure to aim for 3-6 cups of red and orange vegetables weekly to reap the benefits. Here are some great ways to get there:

- Carrots are a great snack with dips or dressings. Roast carrots in the oven to make carrot “fries”. Blend carrots with pineapple juice, yogurt, and honey to make a smoothie.
- Munch on sweet potato fries by baking them in the oven or bake sweet potato waffles, pancakes or muffins! Drizzle maple syrup over diced, cooked and peeled sweet potatoes.
- Whole grain tortilla chips with salsa is a delicious way to eat tomatoes. Add salsa to scrambled eggs or an omelet! Add tomatoes to grilled cheese sandwiches, hamburgers & more.

FAMILY MEAL TIME: UNPLUG FOR DINNER

At dinner time, make it a goal to eat at the kitchen table “unplugged”—all electronic devices turned off—no iPhone, iPad, iPod, laptop, tablet, or television. Take the time to share your day’s stories with your family members. Research has shown that sharing a family meal is extremely beneficial. According to research, children and teens who regularly participate in family dinners at the kitchen table have lower rates of substance abuse, depression, obesity and eating disorders and have higher grade point averages and self-esteem. (Source: TheFamilyDinnerProject.Org). Make it a point to have dinner at the table “unplugged” most nights out of the week.

CHILI PEPPERS

**SIMPLY
GOOD**

TOMATOES



#LOL: WHAT IS RED & BLUSHES?

RED & ORANGE
VEGETABLES

ANSWER: AN EMBARRASSED TOMATO



FUN FACTS:

- It would take 23 cups of broccoli to provide the same amount of vitamin A as one medium sweet potato.
- Our first President, George Washington, grew sweet potatoes on his farm in Mount Vernon, Virginia.
- There are more than 4,000 varieties of tomatoes ranging in size, shape and color.
- Botanically, the tomato is a fruit. However, the U.S. Supreme Court declared it a vegetable in 1893.

FAMILY FUN RUN:

Sign up for a fun run as a family! Try to find a fun run for a good cause and work together as a family to raise donations and to train. Training for a fun run as a family is a huge motivator that will keep you staying active for a long time. It's a win-win situation—not only are you doing something for a good cause, but you're also staying active and being healthy as a family.

Choose a race length that you feel comfortable with – if you've never walked over 2 to 3 miles, a 10K is not for you. Plus, if you want to participate as a family, you should choose a length that everyone can handle, like a 5K (5 kilometers) which is just over 3 miles. Most family-friendly races also make it easy for participants to walk the length of the race, and offer fun events before and after. Prepare for the big day by working up to the full race mileage – go for family walks or jogs that are 1-2 miles long. To get faster, practice intervals – where you run for a short period of time, then jog or walk. Continue to alternate running and jogging. Do this a few times a week, along with some longer jogs or walks, and you'll be race-ready in no time.

BAKED SWEET POTATO FRIES

Serves 6

Ingredients:

- 3 lb peeled sweet potatoes
- ¼ tsp Kosher salt
- ¾ tsp ground black pepper
- 2 Tbsp olive oil



Preheat oven to 350 F. Cut sweet potatoes into ¼ inch sticks lengthwise. Place sweet potatoes in a bowl and toss with olive oil and season with salt and pepper. Place on a sheet pan and bake in a 350 F degree oven for 30-40 minutes, turning over occasionally.

Nutrition per 1-1/2 cup serving: 215 calories, 5 g fat, 190 mg sodium, 0 mg cholesterol, 40 g carbohydrate, 3 g protein, 6 g fiber