

Nurses Notes on Nutrition
“Eating a Colorful Meal - Part II”
by Monica Petrella RN

Let's continue our talk about eating colorful foods. We will start with the John Kerr colors of red and blue/ (and purple)! These colored foods contain nutrients that help maintain memory function and heart health. They have antioxidant and anti-aging benefits that can also help with the urinary tract and reduce certain cancers. Try blue fruits such as: blueberries, blackberries, plums, purple grapes, and raisins. Some blue/purple vegetables are: egg plant, purple cabbage, purple-fleshed potato, or purple peppers. Try red fruits such as: apples, cherries, pink grapefruit, strawberries, cranberries and watermelon. Red vegetables to enjoy are: red potatoes, beets, tomato, and red peppers. For a great snack, try putting blueberries or blackberries in your yogurt, or use in smoothies, muffins or desserts. Eat a “rainbow” of colorful foods!