



COLOUR YOUR PLATE *every day*

Include a variety of colourful fruits and vegetables on your plate for better health

Fruits and vegetables fall into different colour categories. Each having its own unique set of disease fighting chemicals and phytochemicals. Incorporating a variety of colourful fruits and vegetables into your meals ensures that you obtain a great range of micronutrients needed for optimal health.

Red

Red fruits and vegetables contain two antioxidants, lycopene and anthocyanin. These antioxidants can:

- Reduce the incidence of some cancers, particularly prostate cancer
- Help keep the heart healthy
- Reduce the risk of cardiovascular disease by preventing blood clots
- Increase immune system
- Reduce inflammation

Examples: Tomatoes, Beets, Radishes, Cranberries, Red Grapes, Pomegranates, Watermelon, Red Apples, Red Potatoes, Strawberries

Purple/Blue

Purple/Blue fruits and vegetables contain flavonoids called anthocyanins. These powerful antioxidants protect cells from damage. They can also help:

- Reduce the risk of certain cancers
- Reduce the risk of stroke
- Promote bone health
- Improve memory function and healthy aging
- Increase circulation and microcirculation
- Support healthy blood pressure

Examples: Blueberries, Grapes, Blackberries, Plums, Prunes, Eggplant, Purple Cabbage

Green

Green fruits and vegetables contain chlorophyll and, phytochemicals such as lutein and zeaxanthin, as well as Vitamin K, folic acid, potassium, carotenoids and omega 3 fatty acids. These fruits and vegetables can:

- Lower the risk of some cancers by inhibiting carcinogens
- Reduce the risk of cataracts and age-related macular degeneration
- Stimulate the growth and maintenance of lean muscle tissue

Examples: Kiwi, Green Apples, Green Grapes, Pears, Avocados, Broccoli, Cabbage, Lettuce, Brussels Sprouts & Spinach



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Yellow & Orange

Yellow and orange fruits and vegetables are high in alpha carotene and beta carotene which the body converts into Vitamin A. These foods:

- Promote good digestion and optimal brain function
- Have cancer fighting and anti-viral qualities
- Are associated with improving eyesight

Examples: Lemons, Pineapple, Squash, Corn, Yellow Beans, Yellow/Red Peppers, Carrots, Apricots, Nectarines, Oranges, Pumpkin, Squash

White

Fruits and vegetables that are white are rich in sulfur and antioxidants such as quercetin. These foods can:

- Help reduce the risk of cancer and help the body get rid of cancer causing chemicals
- Help reduce the risk of stroke
- Lower cholesterol
- Reduce blood pressure
- Enhance immunity and aid in cellular recovery

Examples: Onions, Mushrooms, Cauliflower, Garlic, Turnips, Mushrooms, Ginger, Potatoes

Take the Challenge

From February 29 to March 25 the Workplace Wellness Committee is challenging employees to add more colour into their plates.

Learn more about this four (4) week challenge for better health!

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Visit the website for a list of sources used to develop this publication.



Adding More Fruits & Vegetables into Your Day

The following are some suggestions for adding more fruits and vegetables into your day:

Breakfast

- Stir fresh fruits into your oatmeal
- Add fresh fruit to your cereal for extra flavour
- Eat a vegetable omelette - add mushrooms, onions or peppers to your eggs
- Try a homemade smoothie. You can add three or four different fresh or frozen fruits/vegetables in one drink
- Have a glass of 100% fruit juice

Lunch and Dinner

- Add more vegetables to your favourite recipe. For example grated carrots or zucchini to meatloaf.
- Add vegetables to your soup, rice or pasta recipes.
- Add vegetables to your sandwich at lunch
- Add vegetables into your meat sauces
- Say yes to salads. Be creative add a variety of fruits and vegetables
- Add apple chunks, grapes or raisins to your tuna or chicken salad
- Top your baked potatoes with steamed broccoli, beans and salsa
- Try a stir fry with a variety of vegetables
- For dessert have fruit such as baked apples or fresh strawberries

Snacks

- Keep a bowl of fresh fruit on the counter or on your desk
- Try dried fruit such as cranberries and raisins as an easy snack
- Make your own trail mix with dried fruit
- Cut up vegetables and keep them in a fridge for easy snacks. Make or buy a low fat dip to accompany the vegetables
- Try a 100% juice frozen fruit bar

Eating Out

- Ask your server if you can choose vegetables for a side dish with your order.
- Enjoy a side salad with your lunch or dinner
- Order your pizza with extra vegetables
- Order a salad for lunch rather than a sandwich
- Substitute fruit or a salad for fries with a fast food meal

When purchasing food on campus....

The following are some tips when purchasing lunch/snacks on campus:

Try pairing combinations of foods from the cooler such as:

- Tuna Salad Sandwich with a cranberry walnut salad and a fruit of your choice
- A cheese platter with hummus and pita chips with a berry yogurt
- Gluten free turkey sandwich with veggies and dip with an apple
- Roast beef sandwich on a Kaiser with a strawberry spinach salad and some veggies and dip

Burger Bar

- When creating your burger add as many colourful vegetable toppings as possible
- Skip the fries and pair your burger or grilled cheese with a salad or veggies from the cooler

Mediterranean Grill

- Skip the potato option and ask to double the vegetables when buying a dinner
- Ask for light sauce and extra vegetables on any wrap or pita
- Greek salad is a healthier and more colourful salad choice over Caesar salad

Subway

- Choose healthier meats such as; turkey, roast beef, oven roasted chicken, black Forrest ham or skip meat and have a veggie sub.
- When choosing a bread consider whole grain
- Add as many colourful toppings as possible

Resources consulted

This campaign was developed by Meagan Kilmury & Coryn Langford (4th Year Nursing Students) as part of their community placement with the Department of Human Resources.

The following is a list of resources that they consulted to develop the campaign:

- <http://www.coreperformance.com/knowledge/nutrition/eat-colorful-foods-fo...>
- http://www.hc-sc.gc.ca/fn-an/alt_formats/pdf/surveill/nutrition/commun/a...
- <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>
- <http://www.cancer.ca/en/cancer-information/cancer-101/what-is-a-risk-fac...>
- <https://www.wechu.org/healthy-eating/vegetable-and-fruit-consumption-win...>
- <http://www.livestrong.com/article/200742-what-are-the-effects-of-an-unhe...>
- <http://www.fruitsandveggiesmorematters.org/myplate-and-what-is-a-serving...>
- <http://www.fruitsandveggiesmorematters.org/top-10-reasons-to-eat-more-fr...>
- <http://www.statcan.gc.ca/pub/82-625-x/2015001/article/14182-eng.htm>
- http://www.eatingwell.com/diet_nutrition_health/weight_loss_diet_plans/d...
- <https://www.wechu.org/healthy-eating-physical-activity/adult-body-mass-i...>
- <http://www.world-heart-federation.org/cardiovascular-health/cardiovascul...>
- <http://www.everydayhealth.com/hs/guide-to-essential-nutrients/common-nut...>
- <http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alim...>
- <http://www.hc-sc.gc.ca/hl-vs/eat-aliment/index-eng.php>
- <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetabl...>