

MARCH, 2022

A MONTHLY PUBLICATION OF  
THE MILWAUKEE CENTER FOR INDEPENDENCE

# NUTRITION FOCUS

MATTHEW BACH, DIETETIC INTERN

## EAT THE RAINBOW

### Why is it important?

Different colored foods each provide different vitamins and minerals essential for staying healthy.

- **Red:** Vitamins A & C, Potassium, and Antioxidants
- **Orange/yellow:** Vitamin A, C, and Potassium. Helps the immune system and vision



- **Green:** Potassium, Calcium, and vitamin K. Lots of fiber and antioxidants. Great for vision, bones, and teeth.
- **Blue/Purple:** Vitamin C. brain health, memory, and healthy aging.
- **White** foods such as bananas, potatoes, mushrooms, and onions are heart healthy and help to control cholesterol!

### SMOOTHIE CORNER:

**DIRECTIONS: THROW IN A BLENDER!  
(MAY USE FRESH OR FROZEN INGREDIENTS!)**

#### Berry Smoothie:

- 2 Cups mixed berries (any berries!)
- 1 Banana
- 1/2 Cup yogurt
- 1 Tbsp Honey
- 1/2 Cup Ice

#### Avocado Smoothie:

- 1/2 of ripe avocado
- 1 large green apple
- 1 Banana
- 1 Cup Spinach or kale
- 1/2 Cup water
- 1 Cup Pineapple chunks
- 10 Ice cubes
- 1 Tbsp lemon juice

#### Strawberry Mango Smoothie:

- 1 Cup strawberries
- 1 Cup mango
- 1 banana
- 1/4 Cup yogurt
- 1 Cup milk or almond milk
- 1/2 Cup ice
- 1 Tbsp lemon juice



#### Foods of the Rainbow:

##### Red:

Tomatoes, strawberries, raspberries, red beans, beets

##### Orange/Yellow:

Carrots, peaches, squash, pineapple

##### Green:

Kale, spinach, herbs, peppers, celery

##### Blue/Purple:

Grapes, raisins, eggplant, blueberries, cranberries