



FACTOID 4: APPEALING AND TASTY—KEEPING IT COLORFUL

Healthy Meetings Checklist Items: *Are foods visually appealing and tasty?*

Are fruits and vegetables offered?

Are locally produced options offered?

One of the keys to healthy eating is to appeal to our senses—colors, textures, flavors and aromas add to the sensory pleasures of eating. Colorful fruits and vegetables contain many nutrients, fiber, and phytochemicals our bodies use to maintain good health and energy levels, protect against the effects of aging, and reduce the risk of heart disease and some cancers. (Low-fat diets rich in fruits and vegetables and low in saturated fat and cholesterol may reduce the risk of some types of cancer—a disease associated with many factors in addition to diet.)

Colors

Eat the colors and follow the rainbow! As much as possible, select and offer locally grown fruits and vegetables.

For a complete list of fruits and vegetables by color, go to:

www.ctahr.hawaii.edu/NEW/Newsletters/KeepItColorful.pdf

Green: Avocados, Asparagus, Broccoli, Chinese Cabbage, Watercress

White: Bananas, Cauliflower, Mushrooms, Onions, Potatoes (white)

Yellow/Orange: Mangoes, Papayas, Persimmons, Pumpkins, Sweet Potatoes

Red: Blood oranges, Pomegranates, Watermelon, Red Peppers, Tomatoes

Blue/Purple: Blueberries, Purple Cabbage, Eggplant, Potatoes (purple)

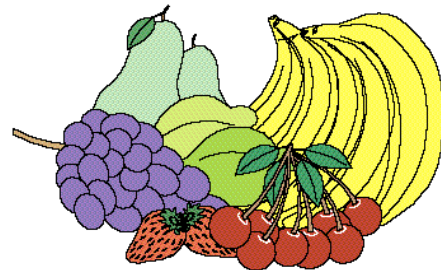
Rice Cooker Potatoes

Purple, white, and/or orange potatoes

Scrub potatoes well and peel if desired. Cut into chunks of desired size; 2-inch chunks work well. Place steamer rack into rice cooker. Add about 1/2-inch of water, but do not go over the height of the rack. Place potatoes in the rice cooker; separate the colors to minimize cross-bleeding or cook separately. Cook; potatoes are done when rice cooker automatically shuts off. Optional: Use ti leaves below and above the potatoes for a different aroma and flavor.

Arrangement, Service Equipment and Utensils

How we enjoy foods includes all of our senses. Simple tablecloths, baskets to hold whole fruit, decorative platters and trays, and table arrangements can add to the enjoyment of healthy foods.



Visit our Nutrition Education for Wellness (NEW) website at www.ctahr.hawaii.edu/NEW