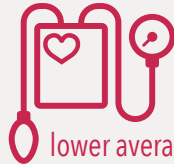


## FRUITS AND VEGETABLES CAN IMPROVE YOUR HEALTH



Fruits and vegetables contain many special nutrients that protect against cancer, high blood pressure, heart disease, and diabetes.



Fruits and vegetables with meals can even lower average systolic blood pressure by up to 7.2 points for people with high blood pressure.<sup>2</sup>

Covering half your plate with colorful fruits and vegetables at breakfast, lunch, and dinner may help to reduce your need for certain blood pressure and blood sugar medications over time.<sup>1</sup>



New studies suggest these foods can also support overall happiness and mental wellbeing throughout the day.<sup>3</sup>



**DOUBLE UP™ OKLAHOMA**  
A PROGRAM OF HUNGER FREE OK

The Double Up Oklahoma (DUO) Program provides Supplemental Nutrition Assistance Program (SNAP) beneficiaries with a one-to-one match to purchase healthy, locally-grown fruits and vegetables at participating Farmers Markets and Grocery Stores in Oklahoma. DUO for Health partners with Oklahoma physicians and other health care providers to help spread the word about the health benefits of eating more fruits and vegetables.

Visit [www.doubleupoklahoma.org](http://www.doubleupoklahoma.org) to find a location near you.

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### References:

[1] Wang P-Y, Fang J-C, Gao Z-H, Zhang C, Xie S-Y. Higher intake of fruits, vegetables or their fiber reduces the risk of type 2 diabetes: A meta-analysis. *J Diabetes Investig.* 2016;7(1):56-69. [2] Appel LJ, Moore TJ, Obarzanek E, et al. A Clinical Trial of the Effects of Dietary Patterns on Blood Pressure. *N Engl J Med.* 1997;336(16):1117-1124. [3] Mujcic R, J Oswald A. Evolution of Well-Being and Happiness After Increases in Consumption of Fruit and Vegetables. *Am J Public Health.* 2016;106(8):1504-1510; Conner TS, Brookie KL, Carr AC, Mainvil LA, Vissers MC. Let them eat fruit! The effect of fruit and vegetable consumption on psychological well-being in young adults: A randomized controlled trial. *PLoS One.* 2017;12(2):e0171206. Published 2017 Feb 3. doi:10.1371/journal.pone.0171206

Ready to take the color challenge, but not sure where to start? Here are a few ideas:

### BREAKFAST



Top hot or cold cereal with berries or sliced bananas



Top toast with smashed avocado and sliced tomatoes



Top diced apples with low-sugar yogurt and slivered almonds



Whip up a smoothie with 3/4 cup unsweetened almond milk or low-fat milk with 1 cup fresh/frozen fruit



Sauté vegetables of your choice and combine with eggs or tofu

### LUNCH



Pack an apple, orange, or banana with your daily lunch instead of chips



Top 2 cups romaine lettuce with shredded carrots, tomatoes, and 1/2 cup chickpeas



Add diced apples and onion to your tuna or chicken salad



Top 2 cups fresh baby spinach with diced apple and dried cranberries and 1-2 Tbsp. sunflower seed kernels



Drink a can of low-sodium vegetable juice along with any meal

### DINNER



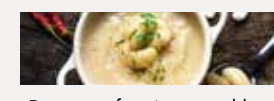
Replace store-bought coleslaw with a homemade purple cabbage and orange carrot slaw



Mix up your grill routine with tri-color bell peppers, onions, and fresh melon



Cook up a warm black bean chili with butternut squash or sweet potatoes



Roast your favorite vegetables, combine with white beans and low-sodium broth and blend to make a thick bisque soup



Add fresh swiss chard or spinach to lentil soup

### SNACKS



Top toast with peanut butter and fresh berries



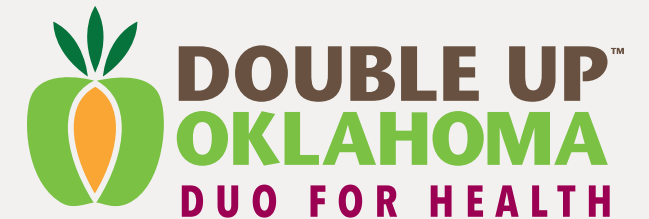
Enjoy carrots or fresh bell pepper with hummus



Freeze purple or green grapes for a sweet snack



Slice a kiwi in half and eat with a spoon



TAKE THE COLOR CHALLENGE FOR HEALTH



# TAKE THE COLOR CHALLENGE!

Add a new color to your plate at each meal until you are eating 1-2 color varieties of fruits and vegetables each day.



All fresh and frozen fruits and vegetables are good choices.



The chart below includes varieties that are highest in three special nutrients that fight high blood pressure: potassium, magnesium, and/or calcium.











The fiber in whole fruits and vegetables make these foods safe and healthy choices for diabetes.

FRUITS

VEGETABLES

<b>Red</b>	 Red apples <i>(fugi, gala, red delicious)</i>	 Guava	 Raspberries	 Strawberries	 Watermelon
<b>Yellow - orange</b>	 Bananas	 Stone fruits <i>(nectarines, peaches)</i>	 Citrus fruits <i>(oranges, tangerines)</i>	 Mangoes	 Cantaloupe
<b>Green</b>	 Kiwi	 Avocado	 Honeydew	 Tomatillos	 Granny smith apples
<b>Blue - Purple</b>	 Blueberries	 Blackberries	 Purple grapes	 Plums	 Figs

 Tomatoes	 Red potatoes <i>(with peel)</i>	 Red onion	 Radishes	 Red bell pepper
 Yellow squash	 Orange & yellow bell pepper	 Winter squash <i>(acorn, butternut)</i>	 Sweet potato	 Carrot
 Dark leafy greens <i>(spinach, swiss chard, beet greens, kale, collard greens)</i>	 Okra	 Broccoli	 Green cabbage <i>(Chinese cabbage, bok choy)</i>	 Chayote
 Purple cabbage	 Eggplant	 Purple potatoes <i>(with peel)</i>	 Purple kale	 Purple carrots

You can make quick, easy, and tasty meals with these foods.

Scan the images below with your phone's camera to learn how.

Knife Skills



Recipes



School of  
COMMUNITY  
MEDICINE  
CULINARY MEDICINE

