



newsletter

Eat the Rainbow: Why a Variety of Fruits & Vegetables Matter!

Many of us know that we should eat more fruits and vegetables, but there's a simple twist that can make a difference in how much nutrition we actually get: variety. The different colors of produce aren't just pretty; they signal different nutrients, antioxidants, and health benefits. When you "eat the rainbow," you give your body a broader toolkit to stay energized, resilient, and thriving.

Red – namely strawberries, tomatoes, apples, and red peppers: Red produce is rich in lycopene and anthocyanins, which are nutrients that support heart health, reduce inflammation, and promote healthy skin. To incorporate more red produce in your diet, try adding: cherry tomatoes to salads, red apples as a snack, or including some roasted red peppers in your wraps.

Orange and Yellow – like carrots, oranges, mangoes, and squash: Orange and yellow fruits and vegetables are excellent sources of vitamin C and beta-carotene. These nutrients support eye health and strengthen your immune system. Incorporate more orange and yellow produce in your diet by adding mango to smoothies or try adding some roasted carrots and squash to your meal.

Green – including spinach, broccoli, kiwi, and green beans: Green produce provides us with vitamin K, folate, and chlorophyll, which support strong bones, boost energy, and may help prevent cancer. Including more green produce in your diet can look like adding greens to a morning smoothie or adding spinach to scrambled eggs.

Blue and Purple –such as blueberries, blackberries, eggplant, and purple cabbage: Blue and purple fruits and vegetables are great sources of resveratrol and anthocyanins, which are powerful antioxidants that protect cells from aging, reduce inflammation, and support memory. Keeping a bag of frozen blueberries on hand to easily add to oatmeal or a yogurt bowl is a great way to increase your intake of blue and purple produce.

White and Brown – think cauliflower, mushrooms, onions, and bananas: While white and brown fruits and vegetables may not have much color, they do contain flavonoids and allicin. These compounds support immune health and help balance cholesterol. To incorporate more white and brown produce, try roasted cauliflower with turmeric or add mushrooms to your next pasta dish.

The Bottom Line: No single color will provide you with all necessary nutrients, so make sure to consume a variety of fruits and vegetables for optimal health.



FOR MORE INFORMATION PLEASE CONTACT:

Mediterranean Chickpea Wrap

Prep Time: 15 to 20 minutes | Cook time: 5-10 minutes | Yield: 6 servings, 1 wrap per serving



INGREDIENTS

MEDITERRANEAN CHICKPEA WRAP:

- 2 cans drained and rinsed low-sodium garbanzo beans
- 1 Tbsp paprika
- 1 Tbsp ground cumin
- 2 Tbsp dried oregano
- 1 ½ cups chopped seedless cucumbers
- 1 ½ cups chopped fresh tomato
- 6 Tbsp drained and chopped Kalamata olives
- 1 ½ cups finely chopped red onions
- ¾ cups cilantro leaves
- 6 Tbsp crumbled feta cheese
- ¾ cup Mediterranean dressing
- 6 (10-inch) whole wheat tortillas

MEDITERRANEAN DRESSING:

- 2 Tbsp lemon juice
- ½ cup canola oil
- 1 ½ tsp finely chopped garlic
- 2 tsp finely chopped parsley
- 1 tsp dried oregano
- ¼ tsp kosher salt
- 1/8 tsp ground black pepper

INSTRUCTIONS

1. Make dressing by combining all ingredients in a jar or container with a tight-fitting lid and shake vigorously for 1-2 minutes until smooth.
2. To start with the wraps, combine the chickpeas, paprika, cumin, and oregano in a large bowl and lightly smash them.
3. Add the cucumber, tomato, olives, onions, cilantro, feta, and dressing. Toss them together until well combined.
4. Heat the tortillas for a few seconds on a skillet or in the microwave until they are soft and pliable.
5. Evenly divide the mixture between the tortillas, about 1 1/3 cups per tortilla. Roll the wraps tightly like a burrito. If you have a heated skillet, place the wraps seam-side down on the skillet for 10 to 20 seconds to seal them.
6. Cut the wraps in half and enjoy them immediately!

Nutrition Facts:

Calories: 510, Carbs: 55g, Protein: 12g, Fat: 29g,
Sat. Fat: 5g, Sodium: 670mg, Fiber: 9g