



STAYING WELL



Have a Healthy **Red** & **Green** Holiday!



Eating several servings of a variety of colorful fruits and vegetables a day helps maintain good health, protect against the effects of aging, and reduce the risk of cancer and heart disease.



Have some fun with the red and green colors during the winter holiday season. Here's a list of red and green fruits and vegetables from the National Cancer Institute.



RED



- tomatoes ● spaghetti sauce ● tomato juice ● tomato soup ● red peppers
- red onions ● beets ● red cabbage ● kidney beans ● apples ● pink grapefruit ● red grapes ● strawberries ● cherries ● watermelon ● raspberries
- cranberries ● pomegranates



GREEN



- leafy greens ● asparagus ● green peppers ● broccoli ● green beans
- peas ● cabbage ● green onion ● Brussels sprouts ● okra ● zucchini
- Chinese cabbage ● green apple ● green grapes ● honeydew melon
- kiwifruit ● limes

Some quick red and green fruit/vegetable combos include:

- Red and green apple slices surrounding your favorite fruit dip like a wreath
- Cole slaw with red apple chunks
- Cole slaw with cherry tomato or grape tomato halves
- Tomato soup garnished just before serving with a sprinkle of green onion stems, sliced into small rings
- Small sprigs of red and green grapes used as an edible garnish around a holiday meat platter
- Peas garnished with bits of pimiento
- Pomegranate juice garnished with a slice of lime
- Juicy pomegranate seeds tossed atop a green salad -- for information on how to eat a pomegranate, visit the Pomegranate Council Website at www.pomegranates.org/nomess.html
- Pizza with a tomato sauce topping and chopped green peppers



Source: University of Nebraska—Lincoln Extension, Lancaster County



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