

Take a Cue from Nature - Add Some Color to Your Plate!

In fall, colorful trees beautify the outdoors. The green color fades and orange, gold and red colors appear as the season changes. The same natural chemicals that provide color to leaves also color our food.

The colorful outdoors is a good reminder to enjoy a variety of vegetables. Most people do not eat enough vegetables, with orange and dark green vegetables the most often missed!

Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid) and vitamins A, E and C.

Enjoy 2½ cups of vegetables every day.

Enjoy a variety of orange and green veggies such as these:

Orange vegetables

Acorn squash	Butternut squash
Carrots	Hubbard squash
Pumpkin	Sweet potatoes

Dark green vegetables

Bok choy	Broccoli
Romaine lettuce	Spinach
Turnip greens	Watercress



Try these tips to fit in more veggies!

- Try a main dish salad for lunch, but go light on the salad dressing.
- Enjoy a green salad with your evening meal.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads and muffins.
- Chop veggies into pasta sauce or lasagna.
- Enjoy hearty and flavorful vegetable soup.

Set a goal for you or your family and attach it to the refrigerator _____

Visit www.ag.ndsu.edu/foodwise for more information.

This program is funded in part by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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My 9-year-old daughter is bringing treats to school for her birthday this month. I want the snacks to be fun and tasty, but healthy, too! What should we bring?

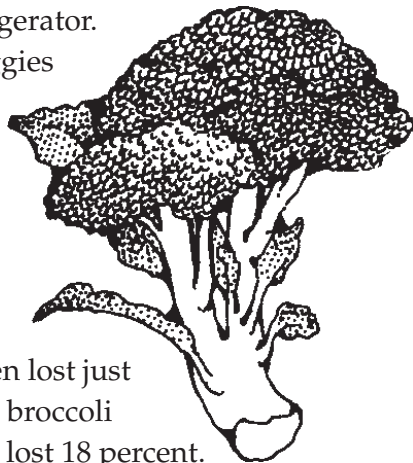
Think outside of the (cake mix) box! Since many schools do not allow homemade treats, check with her teacher about the classroom policy. Find out whether children have any allergies, too. Here are some ideas:

- ✓ “Cheese creatures” (string cheese with pretzel sticks to make “legs” and “arms”)
- ✓ Single-serving cups of tropical fruit available in many grocery stores
- ✓ Single-serving 100-calorie packets of crackers
- ✓ Frozen 100 percent juice bars (if a freezer is available)

Do vegetables lose their vitamins during storage and cooking?

Yes, you will lose some vitamins when you cook vegetables or store them in the refrigerator. You can take steps to keep your veggies at their “top nutrition level.”

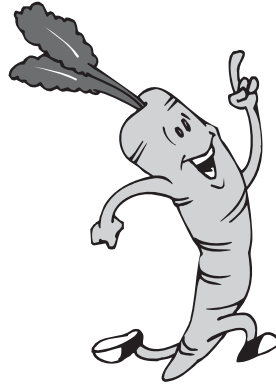
Scientists studied the amount of vitamin C lost in broccoli prepared different ways. Boiled broccoli lost 34 percent of its vitamin C, and steamed broccoli lost 22 percent. Broccoli cooked in a microwave oven lost just 9 percent of its vitamin C, and fresh broccoli stored in the refrigerator for a week lost 18 percent.



Take steps to preserve nutrition with this advice:

- Use fresh vegetables within a few days after buying the produce.
- Cut veggies in large pieces and cook them quickly in as small amount of water as possible.
- Consider using a microwave oven to cook vegetables quickly.
- Eat a variety of vegetables – fresh, canned and frozen.

Roasted Root Vegetables



Makes four servings at a cost of less than 50 cents per serving in most locations.

- 4 medium-sized root vegetables (choose a variety from potatoes, beets, sweet potatoes, rutabagas and turnips)
- 2 chopped carrots
- 1 medium chopped onion
- ¼ c. vegetable oil (such as canola, sunflower or olive oil)
- 3 Tbsp. Parmesan cheese
- Salt, pepper, your favorite spices (optional)

Preheat oven to 350 degrees. Wash, peel and cut vegetables into large chunks. (You can leave the skins on if desired.) Place in a medium bowl and pour oil over top. Add Parmesan cheese and/or seasonings. Mix well. Spread an even layer on a baking sheet. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

Makes 4 servings.

Each serving has 250 calories, 15 grams (g) of fat, 26 g of carbohydrate and 7 g of fiber.

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Contact the local office of the
NDSU Extension Service
for more information
on food and nutrition or
managing your food dollar.

