

Eat.Right.Now.

Nutrition Education for a Healthier Future



Color Your Plate with a Veggie Rainbow!

Ask your Nutrition Educator to introduce you to one of our services below:

- ~ Cooking Clubs ~ Boys' Clubs ~ Newsletters
- ~ Health Fairs ~ Girls' Clubs ~ Career Fairs

Tasty Topics:

Eating a variety of colorful vegetables can be a great way to feel good and improve your health. The health benefits of eating vegetables are enormous. Colorful vegetables are good sources of disease-fighting compounds called antioxidants. Antioxidants give vegetables their bright colors and also fight damage to cells caused by free radicals. Free radicals are thought to cause aging and may lead to diseases like certain cancers and heart disease.

So focus on eating a rainbow of colors:

Green - Leafy greens, broccoli; **Red** - Tomatoes, red peppers; **Orange** - Carrots, sweet potatoes; **Purple** - Eggplant, purple onions, purple cabbage; **White** - Cabbage, mushrooms, onions, garlic

Laugh Out Loud (LOL)

Ever hear the phrase “laughter is the best medicine?” Indeed, it’s hard to feel anxious, angry, or sad when you’re laughing. Take a minute to reduce stress with some veggie jokes!

Q: What vegetable might you find in your basement? Answer: Cellar-y

Q: What vegetable do you need a plumber for? Answer: A Leek.

Q: What do you get if you divide the circumference of a pumpkin by its diameter? Answer: Pumpkin pi.

Q: How do you turn soup into gold? Answer: Put 14 carrots in it!

Monthly Mentions

- **Live Connections:** Check out music and cultures at the World Café Live in University City. The next session: *Tuesday, November 10 at 11am. The Language of Rhythm* (percussionists Alex Shaw and Josh Robinson) From blues to hip-hop, jazz to Latin beats, this session focuses on the rhythms, music, and poetry that artists and participants create together. Appropriate for Grades 7 – Adult. For more information, please contact Tamar Lelkes, School and Community Partnership Coordinator, at tamar.lelkes@gmail.com or 267-250-0508.
- **Nutrition Tip:** At every meal and snack try to eat at least one fruit or veggie.
- **Fruit & Vegetable:** For cranberry and sweet potato recipes, visit our website: <http://www.drexel.edu/nutritioneducation/>.
- **Now In Season:** Apples, broccoli, Brussels sprouts, cauliflower, cranberries, grapes, mushrooms, pears, pineapple, pomegranate, pumpkin, sweet potatoes, Swiss chard and turnips.



Nutrition Education in Action

Marquian packages vegetables for a Vegetable Market in Ms. Levin’s class at the William H. Harrison School .

Questions or Comments?
Email: nutritioncenter@drexel.edu
EAT.RIGHT.NOW.
Nutrition Education Program
Drexel University
Or call us at: 215.895.2422

SWEET POTATO ACTIVITIES



Nutrition Facts

Serving Size: 1 cup, cubes (133g)
Calories 114



Calories from Fat 1
% Daily Value

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 3mg	3%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 2g	
Vitamin A 37%	Calcium 4%
Vitamin C 5%	Iron 5%

Source: www.nutritiondata.com

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Sweet potatoes are in the yellow/orange color group.

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples include sweet potatoes, butternut squash, sweet corn, yellow and orange peppers, carrots, oranges, grapefruit, tangerines, lemons, yellow apples, apricots and persimmons.

What is a Serving?

A serving of sweet potatoes is one cup cubed sweet potatoes. This is about two cupped handfuls.

Fiber Word Search

Find the high fiber foods below in the puzzle.
Look up, down and sideways.

O	B	G	U	M	T	W	R	B	S	X	O	R
A	P	M	Z	V	D	H	M	S	E	N	X	A
T	O	C	A	R	O	T	S	U	R	H	E	
M	A	W	P	R	L	I	F	N	S	P		
E	M	I	P	K	O	E	K	N	Y	E	C	H
A	S	E	L	H	C	W	G	R	T	P	O	C
L	A	M	E	T	C	H	R	C	J	O	N	O
R	L	N	Z	P	O	E	C	H	B	T	B	D
P	M	P	M	M	B	A	E	D	P	A	R	E
X	O	P	T	W	I	T	C	P	L	T	O	I
J	N	Q	A	A	B	B	R	K	I	O	C	F
S	O	R	T	U	B	R	O	C	C	O	L	I
C	T	O	L	E	M	E	M	O	F	D	P	Q
S	Z	I	L	H	A	A	S	K	L	M	N	E
L	Z	B	A	K	E	D	B	E	A	N	S	Y

- APPLE
- BAKED BEANS
- BROCCOLI
- CARROTS
- OATMEAL
- PEAR
- POTATO
- STRAWBERRY
- WHOLE WHEAT

Fill in the Blank

Complete the sentences using the following words:

- roots
- nutritious
- Vitamin A
- yams
- beta carotene

- Sweet potatoes are very high in _____.
- Sweet potatoes are often mistaken for _____.
- Sweet potatoes are _____.
- Sweet potatoes are orange because they contain _____.
- Sweet potatoes are the most _____ of all vegetables.

Answers: 1. Vitamin A, 2. yams, 3. roots, 4. beta carotene, 5. nutritious



Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider and employer.



This material was adapted from the California Nutrition Network for Healthy Active Families. This material was funded 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 1-800-352-8401. This institution is an equal opportunity provider and employer.