Perk up your plate with purple and red vegetables and fruits.
Purple and red vegetables and fruits contain important nutrients:
- vitamins A and C
- dietary fiber
- potassium
- and many phytochemicals

Phytochemicals are found only in plants and have many health benefits, including protection from cancer. The phytochemicals found in vegetables and fruits give them their color, and each color serves different functions in the body, so the best advice is to -

Eat a rainbow of vegetable and fruit colors for the most health benefit!

Deeper color = more nutrients!

FIND THE FACTS
Use the nutrition facts label to find accurate information.

Nutrients with limits recommended in the Dietary Guidelines for Americans:
- Total Fat and Saturated Fat
- Sodium
- Added Sugar

Check the label on the dark red kidney beans and you will see they are a “nutrient dense” choice to promote health – 0 fat, 0 added sugar, high in fiber, protein, minerals and phytonutrients.
Turkey Cranberry Wrap
Servings 1 | Prep time 15 mins. | Total time 15 mins.

Ingredients

1 large 8 inch whole-wheat tortilla wrap
2 tablespoons low-fat cream cheese
2 tablespoons dried cranberries
1/2 apple, cored and sliced 1/8 inch thick
2 ounces sliced deli turkey
2 tablespoons chopped red onion
1/2 cup fresh baby spinach

Instructions

1. Before you begin wash your hands, surfaces, utensils, fruits, and vegetables.
2. Lay tortilla on clean surface.
3. Spread cream cheese over the tortilla. Top with dried cranberries and sliced apple.
4. Layer turkey on top of fillings. Sprinkle with chopped red onion. Top with spinach and any additional toppings.
5. Roll wrap tightly into a cylinder, beginning at the bottom and tucking in the sides as you go. Cut in half and serve.