



PowerUp with Four Colors or More

Did you know there is an easy way to see if your meal is PoweredUp? Just look at the colors on your plate. Does your plate look dull with only tan, brown and beige? Or is your plate a rainbow full of color? Making a rainbow on your plate is a fun way to PowerUp your meals for you and your family.



Don't miss PowerUp Winter Weekends!

PowerUp Kids Cook,
Family Fun Fridays,
Family Fun Saturdays,
Running Clubs - Coming Soon!

Visit powerup4kids.org for details and registration!

Shop a Rainbow

- The first step to a plate full of color is a grocery cart with a whole rainbow of fruits and vegetables.
- Pick out a combination of fresh, dried, frozen and even some canned fruits and veggies, so you never run out. Try canned mandarin oranges, dried cranberries or blueberries, frozen green beans, or even squash or sweet potatoes can all stay fresh for months.

Stock up on Every Color

The options are endless!

- **Red:** Red apples, dried cranberries, red grapes, pomegranates, raspberries, strawberries, watermelon, tomatoes, radishes, red peppers, red onions or red lettuce
- **Blue/Purple:** Raisins, blackberries, blueberries, plums or prunes, purple grapes, eggplant, purple cabbage, purple figs
- **Green:** Green apples, green grapes, kiwi, honeydew, avocado, broccoli, spinach, artichoke, zucchini, lettuce, celery, asparagus, snow peas, sugar snap peas
- **Yellow/Orange:** Carrots, apricots, cantaloupe, oranges, peaches, nectarines, mangoes, grapefruit, pineapple, yellow peppers, pumpkin, sweet corn, yellow tomatoes, lemons, sweet potatoes



The Pot of Gold

Kathy Mead, MPH, RD

When I am talking to kids and families about how to eat better, fruits and veggies are the place to start. Fruits and veggies are also like a special "pot of gold" at the end of the rainbow! The bright colors of fruits and veggies are a hint of the big prizes that each color gives for your family's health.

- **Red** fruits and veggies help keep hearts strong.
- **Orange** fruits and veggies help keep eyes healthy.
- **Green** fruits and veggies help build strong bones and teeth.
- **Purple** and **blue** fruits help PowerUp the brain.

All colors help fill you up and can help manage weight, too.

Get more color in your home by changing the food available in your home. Make it fun by keeping a family log of the colors of fruits and veggies you eat each week or just point out the colors in the meal that is being served. Make it fun, make it positive. Seeing the smiles on kids' faces as they enjoy their fruits and veggies is the biggest pot of gold ever!

Serve a Rainbow

Have fun with colors at the table too.

- Fruits and veggies make a dinner plate more appealing. Sprinkle a few blueberries or grated carrot on a salad, or chopped peppers or even roasted sweet potatoes on top of pasta.
- Get kids involved in meal planning by asking, "What green food or red food should we have with our meal today?" Try new or even silly combinations... who said you couldn't have carrots with breakfast?
- Plan a meal that is all one color, like orange, green or red. Then, choose another color for the next meal.
- Remember, showing that you enjoy the fun and great taste of a colorful meal is the best way to get kids to eat the whole rainbow too!

PowerUP Rainbow Pizza

PowerUp your meal!
Serve these mini pizzas with fruit salad, veggie sticks and milk for a meal that will PowerUp the whole family!

INGREDIENTS

- 3 whole wheat English muffins (6 halves)
- 1/2 cup pizza or spaghetti sauce
- 1 to 1 1/2 cups of chopped or sliced toppings (choose any 3 or more colors):
Orange/Yellow: grated carrots, mushrooms, yellow peppers, crushed pineapple (drained)

- Green:** broccoli, spinach, green pepper, zucchini
- Red:** red peppers, sun dried tomatoes, fresh tomatoes
- 1/2 cup low fat mozzarella cheese, grated

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Split English muffins and place on baking tray.
3. Spread about 1 Tbsp. sauce on each muffin half.
4. Arrange your favorite toppings on the "crust" in a single layer. Use at least 3 colors.
5. Sprinkle 1 Tbsp. cheese on each pizza.
6. Place pizzas on baking sheet and bake at 350 degrees for 10 minutes, or until cheese is melted.



Nutrition
115 calories, 5 grams of protein,
18 grams carbohydrate
per pizza

KIDS IN THE KITCHEN

Kids can help by decorating the pizzas with fun and creative designs!

COLOR A SILLY STORY

Without reading the story, fill in the blanks

1. A **green** vegetable _____
2. A **red** fruit _____
3. An **orange** vegetable _____
4. A **purple** fruit _____
5. A **red** vegetable _____
6. A **yellow or tan** vegetable _____
7. My favorite veggie _____
8. My favorite fruit _____

**Now, use the words that you filled in above to make a silly story below.
When you're done, read it out loud and laugh out loud too!**

The other day I jumped on my _____ (1) bike and rode it to my friend's house. My friend happens to be a cute fruit named _____ (2). We snacked on _____ (3) and _____ (4), then drank some _____ (5) juice. It was very tasty. Then, we planted some seeds from our snack and watered them. A few days later there was a giant _____ (6) tree growing in the kitchen. The tree branches were full of _____ (7,8).



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