



Eat the Rainbow Workshop



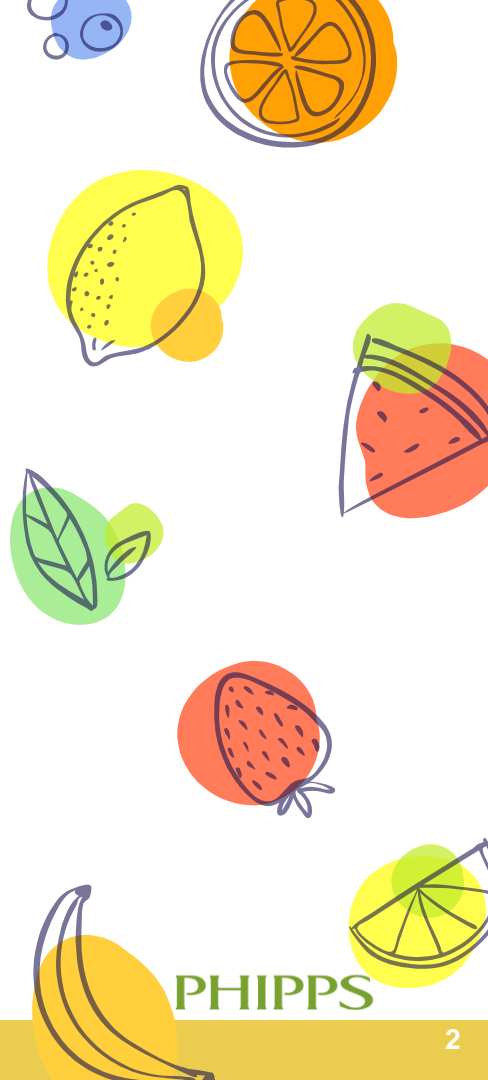
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THE HEINZ ENDOWMENTS
HOWARD HEINZ ENDOWMENT • VIRA I. HEINZ ENDOWMENT

UPMC HEALTH PLAN

Outline:

- ❖ Overview of Let's Move Pittsburgh
- ❖ Eat the Rainbow Introduction
- ❖ The Power of Variety
- ❖ Serving Sizes of Fruits and Vegetables
- ❖ Ideas to Add More Variety to Your Plate
- ❖ Classroom Activities



What Do We Do?

Let's Move
Pittsburgh

A collaborative program of Phipps Conservatory and Botanical Gardens, we provide Southwestern Pennsylvania's children and their caregivers with the **knowledge, tools and support** needed to make **nutritious food choices** and lead **active lifestyles**



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UPMC HEALTH PLAN

 PHIPPS

5-2-1-0 Program:

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.





What Does “Eat the Rainbow” Mean to You?



**Eating the rainbow means
eating a variety of different
colored fruits and vegetables.**

Each color benefits the body in
a unique and important way.

14% of American Adults

Consume at least 2 servings of fruit and at least 3 servings of veggies each day

13% of American High School Students

Consume at least 2 servings of fruit and 3 servings of veggies each day

9.5% of American Adolescents

Consume at least 2 servings of fruit and 3 servings of veggies each day

1.

What do the
different colors
mean?



Red: Lycopenes

Benefits: 

- × ↓ Heart disease risk
- × ↓ Prostate cancer risk

Examples:

- × Tomatoes, red peppers, watermelon, grapefruit



Orange: Beta-Carotene

Benefits:



- × Protects eye-health
- × Boosts immune system
- × Promotes healthy growth

Examples:

- × Sweet potatoes, carrots, pumpkin, apricots, cantaloupe



Green: Chlorophyll

Benefits: 

- × Quickened wound healing
- × Improved colon and liver function

Examples:

- × Leafy greens, broccoli, brussels sprouts, asparagus



Blue: Anthocyanins

Benefits:



- × Supports healthy blood vessel function
- × Boosts brain health

Examples:

- × Blueberries, plums, cranberries, red potatoes, radishes



White: Anthoxanthin

Benefits:



- × Reduces inflammation
- × Helps lower cholesterol

Examples:

- × Cauliflower, onion, mushrooms, bananas, garlic, turnips, ginger



2.

What Do 5
Servings a Day
Look Like?



What does 5 servings of fruits and vegetables look like?

- × 1 medium-sized piece of fruit
- × 1 cup raw, leafy salad
- × ½ cup chopped fresh or canned fruit
- × ½ cup cooked or canned vegetables
- × ¼ cup dried fruit
- × ½ cup cooked beans or peas



How Can I Quickly Measure Servings?

Fresh, frozen or canned vegetables

1/2 cup (125 mL) = 1/2 fist



Leafy vegetables

1 cup (250 mL) = 1 fist



Whole fruit

1 fruit = 1 fist



Fresh, frozen or canned fruit

1/2 cup (125 mL) = 1/2 fist



Dried fruit

1/4 cup (60 mL) = Cupped hand



100% fruit juice

1/2 cup (125 mL) = 1/2 fist



How many servings are in each picture?



2 Servings



0 Servings



4 Servings

3.

How Can I Add
More Colors to
My Plate?



Tips for Creating a Colorful Plate:

- × Put at least one produce item of each color on your shopping list each week
- × Buy seasonal foods and utilize canned, frozen F/V during winter months
- × Serve up food pictures and let your children have fun with food!
- × Serve smoothies and add veggies to sauces
- × Involve your child with grocery shopping



Choosy Eater? Try these Tips!

- × Treat food jags casually
- × Look at what a child eats over several days
- × Trust your child's appetite
- × Set reasonable time limits for the start and end of a meal
- × Stay positive!
- × Serve food plain and respect the “no foods touching” rule
- × Avoid being a short-order cook
- × Provide just 2-3 choices
- × Focus on **positive food behavior**, not food

4.

How Can I Promote
Eating the Rainbow
in the Classroom?



Classroom Activities:

Eat the Rainbow Books:

- × *Tops & Bottoms* by Janet Stevens
- × *Eating the Alphabet: Fruits and Vegetables from A to Z* by Lois Ehlert
- × *Rainbow Stew* by Cathryn Falwell



Classroom Resources:

- × Free “Eat the Rainbow” lesson plans: <https://livingmontessorinow.com/free-eat-rainbow-printables-montessori-inspired-activities/>
- × Includes: Fruit memory game, fruit number puzzle, what am I? fruits and veggies game, and more!

Winter Pasta Salad (serves 4)

Ingredients:

- × 1 bunch – broccoli
- × 1 medium – carrot
- × 1 pepper, large (3-3/4" long, 3" dia) – bell pepper, yellow
- × 1/4 olive – green olives
- × 1 cup cherry tomatoes – tomato, red
- × 4 tablespoon – olive oil
- × 4 tbsp – parsley, dried
- × 1/4 tsp – salt
- × 1/4 tsp, ground – black pepper, ground
- × 1 can drained – chickpeas (garbanzo beans), canned
- × 4 ounce – rotini pasta, whole wheat, dry
- × 1 lemon yields – Lemon juice, raw

Instructions:

1. Cook pasta according to package instructions, allow to cool.
2. Cut broccoli and pepper into bite sized pieces. Dice carrot and tomato. Slice olives. Set all veggies aside.
3. Whisk together olive oil, parsley, 1 TBSP fresh lemon juice, salt and pepper.
4. Mix all ingredients together in a large bowl. Serve immediately or chill for added flavor.



Thanks!

Any questions?

You can find us at:

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Sources:

1. https://pbhfoundation.org/pdfs/about/res/general/health_ben/Disease_Prevention_Potential.pdf
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