Color Your Calories

More Colorful Recipes...



There are so many choices. Check out this list of colorful options.

Red & Purple

Red and Black Grapes, Red Peppers, Raisins, Red Cabbage, Red Onions, Tomatoes, Watermelon

Dark Green Leafy

Bok Choi, Broccoli, Greens (Collard, Turnip & Mustard), Endive, Kale, Romaine Lettuce, Spinach

Green & White

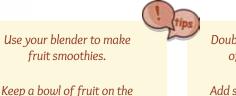
Apples, Asparagus, Avocados, Bananas, Bean Sprouts, Cabbage, Cauliflower, Celery, Corn, Cucumbers, Green Beans, Green Grapes, Green Peppers, Mushrooms, Onions

Orange and Deep Yellow

Acorn Squash, Apricots, Butternut Squash, Cantaloupe, Carrots, Mango, Pumpkin, Sweet Potatoes, Peaches

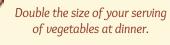
Citrus & Berries

Blueberries, Cranberries, Grapefruit, Kiwi, Oranges, Raspberries, Strawberries, Tangerines



kitchen counter so you will think to eat it.

Have a glass of purple grape juice.



Add sliced tomato, avocado, or other veggies to your sandwich.

Try a fruit or vegetable you've never tasted.



Carrot Raisin Salad

2 cups raisins 1 1/2 cups grated carrots 2 apples with skin, cored and cut into pieces Two 8 oz cans crushed pineapple, drained 1 Tbsp lemon juice 1/2 cup mayonnaise Combine all ingredients.

Serves nine. 1 serving = 1 cup

Nutrient Content

Calories	246
Protein	1.2 g
Vitamin C	9 mg
Vitamin A	518 RE
Beta Carotene	1067 ug
Lycopene	0.37 ug
Vitamin E	0.8 mg
Calcium	24 mg
Sodium	96 mg
Potassium	335 mg



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Sweet Potato Muffins

Preheat oven to 400 F

One 29 oz can sweet potatoes, drained and mashed Two 7.5 oz packages corn muffin mix 3/4 cup whole milk 2 large eggs 2 Tbsp sugar 2 Tbsp vanilla extract 1 tsp ground cinnamon 1 tsp ground nutmeg

Mix sweet potatoes, sugar, eggs, vanilla and spices. Add corn muffin mix and milk. Stir until smooth. Grease muffin tins. Bake at 400 degrees for 20-25 minutes.

Makes 12 muffins 1 serving = 1 muffin

Nutrient Content

Calories	255
Protein	5 g
Vitamin C	8 mg
Vitamin A	514 RE
Beta Carotene	393 ug
Lycopene	
Vitamin E	0.9 mg
Calcium	56 mg
Sodium	436 mg
Potassium	208 mg



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Wheat Germ **Zucchini Bread**

Preheat oven to 350 F

1 1/2 cups sugar 2 cups all purpose flour 1 cup wheat germ 1 tsp baking soda 1/2 tsp baking powder 1/2 cup chopped nuts 1 cup applesauce 2 Tbsp canola oil 3 large eggs 2 cups grated zucchini 2 tsp vanilla

Combine sugar, flour, wheat germ, baking soda, baking powder and nuts in a medium bowl and set aside. In a large bowl, combine the applesauce, oil, eggs, zucchini and vanilla. Add dry ingredients and stir until just blended.

Grease and flour two 8-by-4 inch bread pans. Divide the batter between the two. Bake at 350 degrees for 45 minutes to 1 hour.

Makes 2 loaves of 12 slices each. 1 serving = 1 slice

Nutrient Content

Calories 148
Protein 4 g
Vitamin C 2 mg
Vitamin A 16 RE
Beta Carotene 16 ug
Vitamin E 1.3 mg
Calcium 16 mg
Sodium 73 mg
Potassium 110 mg



Color your **Calories**



Are you trying to eat a healthy high calorie diet? If so, this pamphlet is full of ideas to help you include more fruits and vegetables as part of your meals and snacks.

			Breakfast, Lunch & Dinner	Snacks & Desserts	Beverages
Color Your Calories!	Color with Fruit	Quick Tips	Sprinkle raisins or dried berries on hot cereal Eat cold cereal with sliced fruit Eat a blueberry muffin Add dried or fresh fruit to salads	Eat peanut butter with apples or bananas, top them with raisins or dried cranberries Add fruits to ice cream and yogurt Order fruit pie instead of cake	Squeeze sliced lime or lem into lemonade or ice tea Add whole fruit to beverag Try strawberries in strawberry or raspberries or strawberries in len Order fruit juice instead of s
Plant foods, such as fruits and vegetables, contain compounds called phytochemicals, which play a role in keeping your body healthy. Well-known phyto-	riult	Got a few minutes	Top pancakes or waffles with fresh fruit in addition to syrup and butter Add fresh fruit to yogurt	Make ice cream sundaes with fresh fruit in addition to the chocolate sauce and sprinkles Make a fruit cup of mangoes and grapes	Blend strawberries into a pu add to lemonade for homen strawberry lemonade Make a fruit smoothie - (See re
chemicals are the antioxidants, such as beta carotene. Scientists are studying how phytochemi- cals help fight illness. Because there are thousands of these compounds, it is impossible		Now you're cooking	Have a scoop of mango-pineapple salsa with pork chops in addition to the gravy Serve cranberry, orange relish with poultry	Bake a cranberry-apple crisp Try a kiwi, plum or strawberry tart Make your own trail mix with raisins, dried cranberries, nuts, and chocolate chips	Blend fruit with milk and instant breakfast - (See reci Make hot cranberry cide add orange slices
for anyone to get all the helpful phytochemicals in a pill. Instead, the best way to get phytochemi-			Lunch	Dinner	Snacks
cals is to eat a variety of fruits and vegetables every day. The United States Department of Agriculture Dietary Guidelines recommend 2 cups of fruits and 2 1/2 cups of vegetables daily	Color with Vegetables	Quick Tips	Order sweet potato fries instead of regular French fries Add roasted red pepper slices to sandwiches. Find them jarred, frozen, or even roast your own Order a side salad	Top pizza with vegetables such as mushrooms, red and green peppers, and broccoli Drizzle melted cheese on broccoli	Enjoy salsa with corn chip Serve raw vegetables with Drink vegetable juice Scoop peanut butter with carrots or celery
for older children, teens and adults. Have fun using this pamphlet to color your calories.		Got a few minutes	Try creamy soups with color: cream of carrot, butternut squash, or even pumpkin. Several brands are available in the grocery store	Add garlic to vegetables; make garlic mashed potatoes Bake sweet potatoes with olive oil, salt, and pepper Crown baked potatoes with cooked vegetables and cheese	Try spinach artichoke dip (it come or guacamole dip Have a slice of vegetable pi
Buy ready-to-eat green salads and baby carrots. Keep a bag of shredded carrots in the refrigerator. Add them to meatballs, meatloaf, and spaghetti sauce. Add chopped vegetables to lasagna or pizza.		Now you're cooking	Grill or sauté eggplant slices and add them to sandwiches Use avocado slices on sandwiches or add chopped avocado, black beans, chopped red peppers and onions to regular macaroni and cheese for a healthier high-calorie Tex Mex dish.	Add cooked green beans, zucchini, asparagus, broccoli, or sautéed green leafy vegetables to cheesy quiches and casseroles Use sun-dried tomatoes in creamy Alfredo dishes	Try carrot salad with raisins, a and pineapple - (See recip Eat a slice of carrot cake or zu bread - (See recipe) Make a cheese & vegetable om tomatoes, spinach, onions, or p
5	Have a fruit pie for desert.				

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nips th dip /ith

mes frozen) pizza

, apple, cipe) zucchini omelet. Try r peppers

Colorful Recipes

Smoothie

1 cup 100% fruit juice 1/2 cup vanilla yogurt 1/2 cup strawberries 1 small ripe banana

Blend ingredients. Serves two. 1 serving = 1 cup

Nutrient Content

Calories 157 Protein 4 g Vitamin C 89 mg Vitamin A 49 RE Beta Carotene ... 62 ug Vitamin E 0.5 mg Calcium 97 mg Sodium 30 mg Potassium...... 609 mg



Instant Breakfast Shake

1 cup whole milk 1 envelope strawberry Instant Breakfast 1/2 cup strawberries 1/2 ripe banana

Blend ingredients. Serves two. 1 serving = 1 cup

Nutrient Content

Calories 176 Protein7 g Vitamin C 37 mg Vitamin A 291 RE Beta Carotene ... 16 ug Vitamin E 2.7 mg Calcium 270 mg Sodium 129 mg Potassium...... 460 mg

More recipes on the back...