

Color Your Calories

Try These...

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

Use your blender to make fruit smoothies.

Keep a bowl of fruit on the kitchen counter so you will think to eat it.

Have a glass of purple grape juice.

Double the size of your serving of vegetables at dinner.

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

Try a fruit or vegetable you've never tasted.

More Colorful Recipes...



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



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 0.05 ug
Vitamin E 0.9 mg
Calcium 56 mg
Sodium 436 mg
Potassium 208 mg



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



Adding Antioxidants to Your High-Calorie CF Diet

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.



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Color Your Calories!

Plant foods, such as fruits and vegetables, contain compounds called phytochemicals, which play a role in keeping your body healthy. Well-known phytochemicals are the antioxidants, such as beta carotene. Scientists are studying how phytochemicals help fight illness. Because there are thousands of these compounds, it is impossible for anyone to get all the helpful phytochemicals in a pill. Instead, the best way to get phytochemicals 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 for older children, teens and adults. Have fun using this pamphlet to color your calories.

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.

	Breakfast, Lunch & Dinner		Snacks & Desserts		Beverages	
	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	Got a few minutes...	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	Now you're cooking...	Squeeze sliced lime or lemon into lemonade or ice tea Add whole fruit to beverages Try strawberries in strawberry milk, or raspberries or strawberries in lemonade Order fruit juice instead of soda
		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 puree, add to lemonade for homemade strawberry lemonade Make a fruit smoothie - (See recipe)
		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 recipe) Make hot cranberry cider, add orange slices
	Lunch		Dinner		Snacks	
	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	Got a few minutes...	Top pizza with vegetables such as mushrooms, red and green peppers, and broccoli Drizzle melted cheese on broccoli	Now you're cooking...	Enjoy salsa with corn chips Serve raw vegetables with dip Drink vegetable juice Scoop peanut butter with carrots or celery
		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 comes frozen) or guacamole dip Have a slice of vegetable pizza
		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, apple, and pineapple - (See recipe) Eat a slice of carrot cake or zucchini bread - (See recipe) Make a cheese & vegetable omelet. Try tomatoes, spinach, onions, or peppers

Have a fruit pie for desert.

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

More recipes on the back...