



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Red, White and Blue - PROTECTS YOU!

Just like the colors of the American flag have significance, so do the colors of our foods. Fruits and vegetables contain nutrients and antioxidants which provide health benefits based upon their color.

RED

Protects heart health, reduces cancer risks, and improves memory.

WHITE

Promotes immunity, strengthens bones, reduces cancer risks, and protects heart health.

BLUE

Reduces memory loss, plus risks of cancer, heart disease and stroke.

Introduce more **WHITE** into the menu by adding dairy products. They provide nutrients such as Calcium, Vitamin D, and Potassium which are often lacking in our diet.

Easy Summer Salad

Ingredients:

- 4 cups spring mix salad
- 8 oz. rotisserie chicken, skin removed & shredded
- 8 strawberries, sliced
- 1 cup red seedless grapes, halved
- 4 Tbsps. raspberry vinaigrette



Directions:

- Combine salad greens, chicken, strawberries, grapes (or swap for blueberries), and dressing in large bowl; mix well. Divide into two servings.

Recipe and image courtesy of ProduceForKids.com

Mini Patriotic Tarts

Ingredients:

- 12 mini fillo shells*
- 3/4 cup vanilla yogurt
- 2 cups of red & blue fruits

Directions:

- Chop larger fruits to match the size of smaller berries and whole fruits.
- Fill each shell with 1 Tbsp. of yogurt and then top with fruit.
- Refrigerate until ready to serve.

**Found in the freezer section.*

