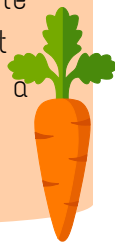




Eat The Rainbow

APRIL 2023

Nature encourages us to eat a wide variety of fruits and vegetables by making them different colours which are appealing to our eyes! Fruits and vegetables of different colours will contain different nutrients, for example sweet potatoes and carrots are great sources of vitamin A, blueberries are a great source of vitamin C and green grapes provide vitamin K.



Vitamin A in the body

- Is essential for good vision, especially in low-light conditions.
- Helps your skin heal and prevents infections

Vitamin C in the body

- Acts as something called an antioxidant, which protects our bodies against cell damage caused by free radicals



TIPS



Canada's food guide recommends that everyone from toddlers to adults should try to consume one dark green vegetable per day, and one orange vegetable most days. One serving of cooked leafy greens and other fresh and frozen vegetables is about 1/2 cup. When the leafy greens are raw, the serving size is 1 cup.



Leafy green vegetables are full of vitamins and minerals:



- Vitamin B3 (niacin), is part of an enzyme that turns our food into energy so we can run and play.
- Folate, which helps make DNA cells that make the proteins we need to live. Folate also helps make red and white blood cells to keep us healthy.
- Vitamin K which helps your blood clot when you get a cut
- Vitamin E which is an antioxidant like vitamin C

Think about how you can add fruits and vegetables to your family's food. For example you could try yogurt with berries, apples or dried fruit in a salad, peppers in a stir-fry or spinach in a smoothie. Next time you are eating a yummy, colourful snack or meal, think about how the vitamins are doing such amazing things to keep you strong and healthy!





summer rolls with easy peanut dipping sauce



Author: Lindsay Pleskot, RD Total Time: 20min

INGREDIENTS

- 4 rice paper wrappers
- 2 oz (~100g) rice noodles (vermicelli)
- 1.5 cups of any leftover protein (I made them with 225g of shrimp, also delish with chicken and tofu)
- 2 cups of fruit or vegetables of choice such as
 - purple cabbage, thinly sliced
 - shredded beets or carrots
 - bell pepper, thinly sliced
 - radishes, thinly sliced
 - kiwi
 - strawberries
 - mango
- 1/2 of an avocado, thinly sliced
- 1/4 cup of mint and/or basil leaves, chopped

Spicy Peanut Dipping Sauce

- 1/4 cup warm water
- 2 tbsp. creamy peanut butter
 - or Wowbutter to make it peanut free
- 1 tbsp lime juice (approx 1/2 lime)
- 1 clove of garlic, minced
- Pinch of chili flakes (1/4 - 1/2 tsp)
- 1 tbsp Soy sauce (tamari or coconut aminos for a gluten free substitute)



INSTRUCTIONS



1. Cook the noodles according to package directions, drain water through a strainer and set aside (keep them in the strainer in case you need to run more water over the noodles- see below).
2. Meanwhile, combine all ingredients for the peanut dipping sauce and whisk with a fork until smooth. Set aside.
3. Prep your fruits or vegetables and set aside.
4. To prepare the rice paper wrappers: Fill a large pan or baking dish with warm water, 1-2 inches deep. One at a time, dip the papers into the warm water for 15-20 seconds until they become soft, but are not breaking apart. Remove the paper from the water and place on a flat working surface. Pat dry if needed and immediately start assembling your wraps with desired ingredients (except for the sauce), leaving room at the top and bottom of the wrapper to be folded in. Note: if your noodles have started clumping together, run a bit of warm water over them to loosen them up again.
5. Fold in the top and bottom of the wrap, fold one of the lengthwise sides over and roll it up like a burrito!
6. Dip in peanut sauce and enjoy!