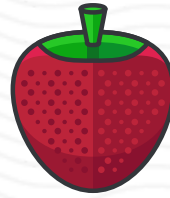


Eat Red



1

What's red?

Any red fruits and veggies: tomatoes, watermelon, berries, onions, beets, cabbage, potatoes, and peppers.



2

Why eat red?

Fruits and veggies are good for you and eating a variety of colors is a good idea. Red foods contain many beneficial nutrients and ingredients like vitamin C and lycopene.



1

Salads

Load up your salad with fun red veggies like sliced radishes, tomatoes, and berries.



2

Smoothies

Skim milk or fortified plant milk plus red berries make a delicious smoothie you can enjoy for breakfast or dessert.



3

Soup

There is nothing more delicious than cream of tomato soup! It is easy to make. Just roast tomatoes in the oven with onions, olive oil, and garlic for about 20 minutes. Then puree with a little cream.



Researchers find that the color red is stimulating, exciting and associated with increased activity. It's also associated with fast food, which is why people assume it increases appetite. However, it doesn't increase your desire to eat. Studies show that if a color is associated with a fond memory (such as eating a happy meal as a kid), we're more attracted to it. What's your favorite memory?