

## Healthy Lifestyles – Marshfield Area Coalition’s

### Hints for Health

*Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you “Hints for Health”. Check out these healthy eating tips to jump-start your energy this spring. Enjoy!*

#### Hints for Eating Right with Color

After a long winter, spring is finally here! March is National Nutrition Month with a special focus on eating right through color. Use this month to kick start your healthy eating habits by adding these colors into your day:

**Green**- apples, grapes, kiwi, asparagus, broccoli, spinach, & others

- Try crunchy vegetables instead of chips with your favorite dip or low-fat salad dressing

**Orange & Deep Yellow**- mangoes, peaches, carrots, yellow corn & others

- Add sliced fruit, like peaches, to your cereal or on top of whole-grain waffles or pancakes

**Purple & Blue**- blueberries, raisins, purple cabbage, & others

- Add fruits and vegetables to salads- sliced purple cabbage, blueberries and raisins can add texture and taste

**Red**- cranberries, grapefruit, beets, red potatoes, tomatoes & others

- Top a baked potato with salsa and low-fat or fat-free cheese to add zest and flavor

**Brown, Tan & White**- mushrooms, cauliflower, onions, turnips & others

- Stuff an omelet with these vegetables and add a low-fat or fat-free cheese

### Did you know...

#### ...Marshfield has Community Gardens

If you are interested in creating your own garden of color this spring, now is the time to begin planning. Marshfield’s Growing Together Community Gardens committee has plots available at three locations within the community. If you are interested in adopting your own plot, call or email Amber Engen at [engen.amber@marshfieldclinic.org](mailto:engen.amber@marshfieldclinic.org), 715-221-8420.