

+5 REASONS TO ADD COLOR

Colorful, delicious and nutritious foods keep our bodies and minds healthier, longer.

- Lots of the good:** Fruits and vegetables provide many beneficial nutrients. Add fruits and vegetables to meals and snacks for a nutritional power boost.
- Less of the bad:** Fruits and vegetables are typically free of trans fat, saturated fat and sodium. Load up!
- Won't weigh you down:** Fruits and vegetables are low in calories. They fill you up thanks to the fiber and water they contain, which can help manage your weight.
- Super flexible superfoods:** All forms of fruits and vegetables – fresh, frozen, canned, and dried – can be part of a healthy diet. They are among the most versatile, convenient and affordable foods you can eat. Choose those with little or no added salt or sugar.
- A whole-body health boost:** A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer. They're also essential to your everyday health.

**TO LEARN MORE, VISIT
HEART.ORG/HEALTHYFORGOOD**



Baked Sweet Potatoes and Apples

SERVES 8 (SERVING SIZE 1/2 CUP)

Ingredients

- Cooking spray
- 1/4 cup sugar
- 1/2 tsp ground cinnamon
- 3 medium sweet potatoes (peeled, cut crosswise into 1/4 inch slices)
- 2 medium sweet apples (such as Rome Beauty or Gala) peeled, each sliced into 10 wedges
- 3 Tbsp light tub margarine

Directions

- Preheat the oven to 350°F. Lightly spray a 1 1/2-quart glass casserole dish with cooking spray.
- In a small bowl, stir together the sugar and cinnamon.
- In the casserole dish, layer in order half each of the sweet potatoes, apples, and cinnamon-sugar. Dot with about half the margarine. Repeat.
- Bake, covered, for 1 hour to 1 hour 15 minutes, or until the sweet potatoes and apples are soft.

Nutritional Facts

Calories	101	Cholesterol	0 mg
Total Fat	2.0 g	Sodium	61 mg
Saturated Fat	0.0 g	Total Carbohydrate	21 g
Trans Fat	0.0 g	Dietary Fiber	3 g
Polyunsaturated Fat	0.5 g	Sugars	14 g
Monounsaturated Fat	1.0 g	Protein	1 g

Dietary Exchanges: 1/2 fruit, 1 starch