

Go for the **GREEN** on **St. Patrick's Day**! There are more ways to celebrate the green theme than just dressing up, include it in your meals, too! Green fruits and vegetables contain many nutrients, some of which may help protect against certain cancers, help maintain vision health, and help promote strong bones and teeth. Some green fruits and vegetables we can include in our diets are leafy greens, asparagus, green peppers, broccoli, green beans, peas, cabbage, green onion, Brussels sprouts, okra, zucchini, green apples, green grapes, honeydew melon, kiwifruit, and limes.

To celebrate **St. Patrick's Day**, add some of these green ideas into your diet:

- Tossed lettuce salad, with veggies including green peppers.
- The traditional corned beef and cabbage.
- Fruit salad with kiwi fruit, green grapes and/or honeydew melon.
- Avocado slices can be added to salads and sandwiches.
- Serve up your favorite veggie dip with broccoli florets, or treat yourself to your favorite fruit dip with green apple slices or green grapes.
- Vegetable pizza is always tasty with green peppers.

Try this **St. Patrick's Day** inspired snack both kids and adults will enjoy!

Rainbow Parfait



Ingredients:

- Yogurt (plain or vanilla)
- Granola
- Fruit
 - Red-raspberries, strawberries, cranberries
 - Orange-mango, peaches, cantaloupe, oranges
 - Yellow-bananas, starfruit
 - Green-pears, grapes, kiwi

- Blue-blueberries
- Purple-blackberries

Directions:

1. In a plastic snack cup, layer yogurt, granola, and your favorite fruit in a rainbow pattern. Enjoy!