

Purple Fruits & Veggies

Purple Power: Anthocyanins

The purple color in certain fruits and vegetables is due to a chemical called *anthocyanins*. They are powerful antioxidants that can help lower heart disease risk. Studies also show that it can help lower bad cholesterol (LDL), and help lower blood pressure.



Photo courtesy of Pixabay

Weekly Challenge:

Find a recipe that includes a purple fruit or vegetable as one of the ingredients.



Purple Fruits & Veggies

Berries

Photo courtesy of Pixabay

Fruits and vegetables that feature a violet hue are loaded with antioxidants that studies show can improve heart disease risk factors.



Blueberries are considered a “purple fruit”



Blackberries & elderberries are a great source of anthocyanins

Blueberries

3.6 grams of fiber in a cup

Blackberries

2 grams of protein and
7.6 grams of fiber in a cup

Elderberries

5x as much anthocyanins
as blackberries!

Weekly Challenge:

Have berries as a snack this week!

GWAAR Nutrition Team in Collaboration with
UW Stout Dietetic Students 6-1-2017 by Nicki Lehtinen

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Purple Cabbage

Top source of heart healthy anthocyanins!

People may think of purple cabbage as a condiment, but it is actually high in fiber, water, and potassium!

Quick Tips:

- As with most fruits and vegetables, when boiled it loses some nutrients
- Cooking with dry heat helps retain color (with anthocyanins) and nutrients
- Purple cabbage is delicious raw or sautéed.

Weekly Challenge:

Shred cabbage to make coleslaw, slice into salads, or enjoy sautéed.



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Eggplant & Red Onions

Eggplant Facts:

- Eggplant is considered a vegetable, but it is really a fruit!
- Low calorie-Only 20 calories per cup!
- A lot of people take the skin off, which has the most nutrients.
- There is no need to remove the anthocyanin-rich skin.
- The skin softens up quickly if baked or sautéed.

Onion Facts:

- Per a study by the Journal of Agriculture and Food Chemistry, when the outer layers of the onion are removed, all but 27% of anthocyanins are removed.



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Weekly Challenge:

Try a recipe that includes the skin on eggplants or red onions.

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