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.

**Weekly Challenge:**
Find a recipe that includes a purple fruit or vegetable as one of the ingredients.

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**
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.
Eggplant & Red Onions

Purple Fruits & Veggies

**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.

**Weekly Challenge:**
Try a recipe that includes the skin on eggplants or red onions.

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