

# *Eat a Rainbow of Vegetables (Wathóthoka)*



This brochure has been developed as part of the Cheyenne River **Cooking for Health** (Wičhózaŋni Étkiya Lol'íwaŋ'aŋ) Project. For more diabetes resources or recipes visit [www.mbiri.com/projects/cookingforhealth](http://www.mbiri.com/projects/cookingforhealth).

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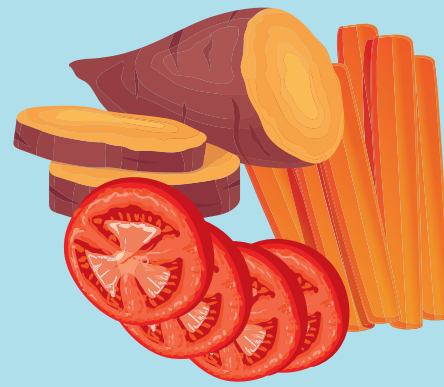
## Green veggies

### Examples

- Broccoli
- Kale
- Spinach
- Romaine lettuce
- Collard greens

### Health Benefits

- Improves vision
- Strengthens teeth and bones
- Lowers risk for some cancers



## Red/orange veggies

### Examples

- Bell peppers
- Carrots
- Sweet potatoes
- Tomatoes
- Butternut squash

### Health Benefits

- Improves memory
- Improves heart health
- Lowers risk for some cancers

## Purple veggies

### Examples

- Red (purple) cabbage
- Eggplant
- Purple potatoes
- Purple cauliflower
- Purple onion



### Health Benefits

- Improves memory
- Healthy aging process
- Lowers risk for some cancers



## Yellow veggies

### Examples

- Corn
- Yellow Squash
- Yellow Potatoes
- Bell peppers

### Health Benefits

- Improves vision
- Strengthens immune system to help fight illness
- Improves heart health
- Lowers risk for some cancers