







## Color Walk

Walk around your local park, neighborhood, farmer's market, public library or any indoor or outdoor space. Look for items in each color and draw or write them in the boxes.

 <b>Red</b>	 <b>Orange</b>
 <b>Yellow</b>	 <b>Green</b>
 <b>Blue</b>	 <b>Purple</b>



**Blend up a colorful Mixed Berry Smoothie before or after your walk!**

- 1 cup frozen mixed berries
- $\frac{3}{4}$  cup milk of your choice
- $\frac{1}{2}$  cup low-fat plain Greek yogurt
- 1 banana
- $\frac{1}{4}$  avocado
- 2 tablespoons chopped walnuts

### Instructions:

Combine all ingredients in a blender, and blend until combined.

*Recipe from EatingWell.com, adapted by Manet Dietitian, Abigail Lively, MS, RD, CSSD, LD*



### Manet Dietitian Tips:

- You can add in dark, leafy greens like spinach or kale for more Vitamin A, C, K and folate.
- Avocado is a great source of fiber, healthy fats and B vitamins.
- Smoothies are an excellent way to start your morning!