

Why eat fruits *and* veggies?

- TASTES GREAT
- DO GREAT THINGS FOR YOUR BODY
- LOW IN FAT AND CALORIES
- COLORFUL

“Each **COLOR** has a different benefit, so eat a rainbow of fruits and vegetables every day!”



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Just a shade away from red, orange fruits and veggies signifies similar vitamins and minerals. You'll get vitamins C, A, and B6, potassium, and fiber in choices such as butternut squash, carrots, sweet potatoes, cantaloupes, oranges, pumpkins, orange peppers, nectarines, and peaches.



In fruits and veggies, **red** is a sign of vitamin C and vitamin A (beta carotene), red produce are also high in manganese and fiber. Choose red bell peppers, tomatoes, cherries, raspberries, rhubarb, pomegranates, and beets! Red apples also contain quercetin, a compound that seems to fight colds, the flu, and allergies. Tomatoes, watermelon, and red grapefruit are loaded with lycopene, a compound that appears to have cancer-fighting properties.



Some other yellow ideas are pineapple, lemon, and corn!

Banana is probably the first yellow fruit that comes to mind—and it delivers potassium and fiber. You will also find potassium and fiber plus manganese, vitamin A, and magnesium in other yellow produce, such as spaghetti squash, summer squash, yellow bell peppers. Some other yellow ones are



Dark leafy greens are packed with nutrients! This group offers far more vitamins and minerals than iceberg lettuce. A super food and dark leafy green called spinach is a great choice because of its rich lutein content, which aids eyesight. It also contains folate, which supports cell reproduction. Broccoli and asparagus also contain these compounds!

White may not be much of a color, but white vegetables, like cauliflower, rutabagas, and parsnips, still shine with vitamins and minerals like vitamins C, K, and folate and



they contain fiber. Don't forget onions and garlic, which have a compound called allicin that seems to protect the heart and blood vessels from damage!



Think blue and you're most likely picturing a bowl of blueberries, one of nature's most powerful antioxidants. They are also loaded with fiber and make an incredibly versatile addition to your diet—eat them by the handful, sprinkle them on cereal, or add them to salads for a different and exciting new taste.



This group includes vegetables like red onions and eggplant, and fruits such as blackberries, Concord grapes, currants, and plums. Purple indicates the presence of anthocyanins, powerful antioxidants that protect blood vessels and preserve healthy

skin. You can also find vitamin A and flavonoids in purple vegetables like radicchio, purple cabbage, purple potatoes, and purple carrots.