

Colors of Good Health

EAT A VARIETY OF FRUITS AND VEGGIES EVERY DAY FOR GOOD HEALTH. WHY?

EVERY COLOR DOES SOMETHING DIFFERENT TO KEEP OUR BODIES STRONG. ALL THE COLORS TOGETHER CAN HELP:

- LOWER YOUR RISK OF SOME CANCERS
- KEEP YOUR HEART HEALTHY
- MAINTAIN A HEALTHY BODY WEIGHT

BLUE/PURPLE

FRUITS:

Blackberries
Blueberries
Black Currants
Dried Plums
Elderberries
Grapes (Purple)
Plums
Raisins

VEGGIES:

Black Beans
Black Olives
Cabbage (Purple)
Eggplant
Peppers (Purple)
Potatoes (Purple)

GREEN

FRUITS:

Apples (Green)
Avocados
Grapes (Green)
Honeydew Melon
Kiwifruit
Limes

VEGGIES:

Broccoli
Brussels Sprouts
Okra
Peppers (Green)
Peas
Spinach
String beans
Zucchini

WHITE/BROWN

FRUITS:

Bananas
Pears (Brown)
Dates
Nectarines (White)
Peaches (White)

VEGGIES:

Cauliflower
Garlic
Mushrooms
Onions
Parsnips
Potatoes (White)
Turnips

YELLOW/ORANGE

FRUITS:

Apricots
Cantaloupe
Mangoes
Nectarines
Oranges
Papayas
Peaches
Pineapples
Lemons

VEGGIES:

Butternut Squash
Carrots
Pumpkin
Rutabaga
Summer Squash
Sweet Corn
Sweet Potatoes

RED

FRUITS:

Apples (Red)
Cherries
Cranberries
Grapefruit (Red/Pink)
Grapes (Red)
Raspberries
Strawberries
Watermelon

VEGGIES:

Beets
Potatoes (Red)
Radishes
Rhubarb
Peppers (Red)