

A vibrant collage of various fruits including raspberries, orange slices, mango, kiwi, blueberries, and red onions. The fruits are arranged in a colorful, overlapping pattern. A central text box is overlaid on the image.

**Eat Your
Colors**



Nutritional Benefits Of:

- Red
- Yellow/Orange
 - Green
 - Purple
 - White

...Fruits & Veggies

Red...

- Red apples
- Red grapes
- Strawberries
- Tomatoes
- Watermelon
- Red bell peppers
- Cherries
- Raspberries
- Beets
- Cranberries
- Pomegranate

Key Nutrients are Lycopene and Anthocyanin which help build healthy cell walls. Red F/V can improve blood pressure, organ function and circulation. They also offer sun protection from damaging UV rays, can protect memory, bladder and heart.

Yellow/Orange...

- Apricots
- Cantaloupe
- Nectarines
- Carrots
- Sweet Potato
- Pumpkin
- Pineapple
- Mangoes
- Yellow Pepper
- Corn

Key nutrients are Vitamin C & Beta-Carotene
Vitamin C helps to decrease inflammation, improves skin and strengthens collagen in skin, tendons, ligaments and cartilage. Beta-Carotene gets converted to Vitamin A and can help prevent cancer, heart disease, infections and improve eye healthy and your immune system

Green...

- Green apples
- Green grapes
- Broccoli
- Green beans
- Spinach
- Kale
- Kiwi
- Avocado
- Honeydew
- Peas
- Brussels sprouts
- Green pepper

Key nutrient is Chlorophyll which helps to purify blood, supports liver and kidney function. These F/V are typically low in calories (except for avocado) and contain Vitamin K which helps with blood clotting and building strong bones as well as Folic Acid which helps to prevent certain birth defects.



Purple...

- Purple cabbage
- Eggplant
- Purple cauliflower
- Blueberries
- Purple grapes
- Blackberries
- Plums

These fruits and vegetables contain the most antioxidants of all of the colors. They contribute to overall health, disease protection and longevity. They help to raise good (HDL) cholesterol, are anti-inflammatory and protect brain health.



White...

- Bananas
- Cauliflower
- Brown pears
- Mushrooms
- Potatoes
- Onions
- Garlic
- Turnips
- Parsnips

Key nutrients are sulfur, quercetin and anthoxanthins. These boost immune system are antiviral and antifungal and anti-inflammatory. They also contain Vitamin K, fiber and magnesium.