

Choose the Colors of Health

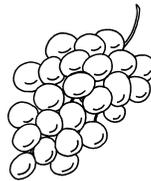
A healthy diet is all about color – blue/purple, green, white, yellow/orange, and red – and the power of colorful fruits and vegetables to promote good health. So when you're grocery shopping, planning your meals, or dining out, think color.

And for variety, make your diet *5 A Day The Color Way*.

BLUE/PURPLE

Boost the level of blue/purple fruits and vegetables in your low-fat diet to help maintain:

- A lower risk of some cancers
- Urinary tract health
- Memory function
- Healthy aging



Beat the Effect of Aging

Blue/purple fruits and vegetables contain varying amounts of health-promoting phytochemicals such as anthocyanins and phenolics, currently being studied for their antioxidant and anti-aging benefits. Get blue/purple every day with foods such as:



Blackberries
Blueberries
Black currants
Dried plums
Elderberries

Purple figs
Purple grapes
Plums
Raisins
Purple asparagus
Purple cabbage

Purple carrots
Eggplant
Purple Belgian endive
Purple peppers
Potatoes (purple fleshed)
Black salsify

GREEN

Add green fruits and vegetables to your low-fat diet to maintain:

- A lower risk of some cancers
- Vision health
- Strong bones and teeth



Go Green to Go Healthy

Green fruits and vegetables contain varying amounts of potent phytochemicals such as lutein and indoles, which interest researchers because of their potential antioxidant, health-promoting benefits. Go green every day with fruits and vegetables like these:

Avocados
Green apples
Green grapes
Honeydew
Kiwifruit
Limes
Green pears
Artichokes

Arugula
Asparagus
Broccoflower
Broccoli
Broccoli rabe
Brussels sprouts
Chinese cabbage
Green beans

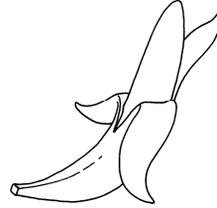
Green cabbage
Celery
Chayote squash
Cucumbers
Endive leafy greens
Leeks
Lettuce

Green onion
Okra
Peas
Green pepper
Sugar snap peas
Spinach
Watercress
Zucchini

Choose the Colors of Health, continued**WHITE**

Working white into your low-fat diet helps maintain:

- Heart health
- Cholesterol levels that are already healthy
- A lower risk of some cancers

**White for Wellness**

White, tan, and brown fruits and vegetables contain varying amounts of phytochemicals of interest to scientists. These include allicon, found in the onion family. Get all the health benefits of white by including foods such as:

Bananas

Brown Pears

Dates

White nectarines

White peaches

Cauliflower

Garlic

Ginger

Jerusalem artichoke

Jicama

Kohlrabi

Mushrooms



Onions

Parsnips

Potatoes (white fleshed)

Shallots

Turnips

White corn

YELLOW/ORANGE

Make yellow/orange a part of your low-fat diet to help maintain:

- Heart health
- Vision health
- A healthy immune system
- A lower risk of some cancers

**Powerful Antioxidants**

Orange and yellow fruits and vegetables contain varying amounts of antioxidants such as vitamin C, as well as carotenoids and bioflavonids, two classes of phytochemicals that scientists are studying for their health-promoting potential. Every day, include orange and yellow fruits and vegetables like these:

Yellow apples

Apricots

Cantaloupe

Yellow figs

Grapefruit

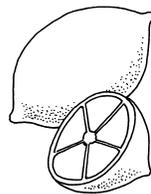
Golden kiwifruit

Lemon

Mangoes

Nectarines

Oranges



Papayas

Peaches

Yellow pears

Persimmons

Pineapples

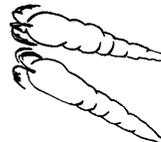
Tangerines

Yellow watermelon

Yellow beets

Butternut squash

Carrots



Yellow peppers

Yellow potatoes

Pumpkin

Rutabagas

Yellow summer squash

Sweet corn

Sweet potatoes

Yellow tomatoes

Yellow winter squash

Choose the Colors of Health, continued**RED**

Be sure to include red in your low-fat diet to help maintain:

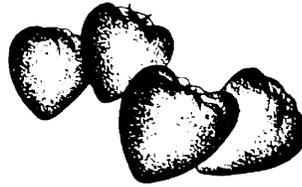
- Heart health
- Memory function
- A lower risk of some cancers
- Urinary tract health

**Red-Hot and Healthy**

The specific phytochemicals in the red group being studied for their health-promoting properties include lycopene and anthocyanins. Get your reds every day by eating fruits and vegetables such as:

Red apples
Blood oranges
Cherries
Cranberries
Red grapes
Pink/red grapefruit

Red pears
Pomegranates
Raspberries
Strawberries
Watermelon
Beets



Red peppers
Radishes
Radicchio
Red onions
Red potatoes
Rhubarb
Tomatoes