

# 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)