



EAT A RAINBOW OF FRUITS AND VEGETABLES!

Eat a wide variety of fruits and vegetables with bright or dark colors. They give your body a full array of vitamins and minerals it needs for health.

RED

Red foods can guard against cancers and colds and are good for your heart, eyes and bones. Tomatoes (fresh, cooked or canned) have lycopene. This may help protect against many cancers, and promote healthy hearts and eyes. Tomatoes and strawberries have Vitamin C. Strawberries also have antioxidants, which may help protect against cancer.

GREEN

Green leafy vegetables include spinach, kale, mustard, turnip and collard greens, Brussels sprouts and lettuces. These contain folic acid and potassium, important for a healthy heart and blood pressure. The darker the leaf, the more nutritious it is. Green vegetables have nutrients that help promote good vision. Avocados are loaded with folic acid, potassium and lots of fiber. Broccoli is a winner with almost all the Vitamin A and twice the Vitamin C you need for a day, fiber, Vitamin K for healthy bones, and important antioxidants. When you enjoy a Kiwi, you are eating 95% of the Vitamin C you need for a whole day.

ORANGE/YELLOW

Deep orange vegetables and fruits protect your vision and immune system. Carrots, pumpkins, sweet potatoes, squash, cantaloupe, yellow & orange peppers (red ones too) contain beta-carotene. This is an important protector against cancer. They're also rich in Vitamin A, needed for good vision and a strong immune system.

One orange gives you all the Vitamin C you need in a day. It helps to keep many parts of your body healthy, such as teeth, gums, and skin.

You can improve your health by adding colorful fruits and vegetables to your meals!

