

# EAT A VARIETY OF VEGETABLES & FRUITS



## EAT THE RAINBOW: VEGETABLES AND FRUITS

Challenge yourself to try eating fruits and vegetables in all the different colors! There are many benefits to varying your vegetables and fruits: improved memory sharper vision, strengthened immune system, lower risk for certain cancers, aging healthfully- the list goes on! To get the full benefits, eating the rainbow is key. Below are ideas of vegetables and fruits.

RED



BEETS, CHERRIES, RASPBERRIES,  
STRAWBERRIES, TOMATOES,  
RED PEPPERS

associated with a healthy heart, needed for cell communication, and lowers risk for some cancers

for a healthy heart and good muscle function

WHITE



CAULIFLOWER, COCONUT,  
GARLIC, ONION, BANANA,  
SALAD TURNIPS

helps tissues regenerate, helps prevent sickness, strengthens teeth and bones, and reduces risk for some cancers

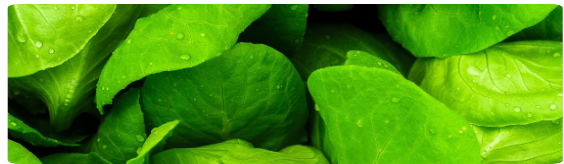
ORANGE



CARROTS, APRICOTS, ORANGES,  
SQUASH, SWEET POTATO,  
ORANGE PEPPERS

good for your immune system, for joint health, and your skin

GREEN



LEAFY GREENS, AVOCADO,  
GREEN PEPPER, BROCCOLI,  
ASPARAGUS, CABBAGE

for healthy aging, improves memory, protects cells from damage

YELLOW



CORN, LEMON, PINEAPPLE,  
YELLOW PEPPERS, SQUASH  
YELLOW BEETS

good for your immune system, and lowers risk for some cancers

BLUE/PURPLE



BLUEBERRIES, BLACKBERRIES,  
GRAPES, PLUMS, EGGPLANT,  
PURPLE CABBAGE