

# Eat the Rainbow

## EAT A VARIETY OF 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.

**RED**



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

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

**ORANGE**



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

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

**YELLOW**



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

good for your immune system,  
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

**GREEN**



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

for healthy aging, improves memory,  
protects cells from damage

**BLUE/PURPLE**



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