



# A nutrition Fact Sheet



## Color Your Way To A Healthy Day!

Mom always said, “Eat your greens.” Now we’re learning that blues, reds, yellows, oranges, purples, and even whites are good for you, too. All colors of fruits and vegetables have a variety of vitamins, minerals, and phytochemicals that help lower the risk of some cancers and help keep us ‘heart healthy.’

ChooseMyPlate.gov recommends at least 1½ cups of fruit and 2½ cups of vegetables each day.

**Blue/Purple** fruits and vegetables in your diet help with:

- Memory function
- Healthy aging
- Urinary tract health

**Red** fruits and vegetables in your diet help in:

- Aging healthfully
- Fighting disease

**Green** fruits and vegetables help with:

- Vision health
- Strong bones and teeth

**White** fruits and vegetables in your diet are good for:

- Keeping cholesterol levels in check
- Heart health

**Helpful Hints:** Fruits and vegetables can be enjoyed year-round by purchasing them fresh, frozen, or canned. Frozen fruits make quick smoothies. Canned vegetables are helpful when cold storage is limited. You have a variety of choices when it comes to having fruits and vegetables on hand. The next page is a guide to help you purchase fresh produce in season, when it is the least expensive.

**Yellow/Orange** fruits and vegetables will help maintain:

- A healthy immune system
- Vision health

### Ideas for a Rainbow of Fruits and Vegetables

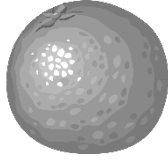
| <u>Blue/Purple</u> | <u>Green</u>   | <u>White</u> | <u>Orange/Yellow</u> | <u>Red</u>   |
|--------------------|----------------|--------------|----------------------|--------------|
| Blackberries       | Avocado        | Bananas      | Apricots             | Apples       |
| Blueberries        | Grapes         | Pears        | Cantaloupe           | Cherries     |
| Purple cabbage     | Honeydew melon | Cauliflower  | Oranges              | Raspberries  |
| Purple grapes      | Kiwi           | Onions       | Peaches              | Watermelon   |
| Plums              | Broccoli       | Turnips      | Squash               | Strawberries |
| Beets              | Lettuce        | Nectarines   | Corn                 | Tomatoes     |
| Figs               | Spinach        | Jicama       | Pineapple            | Red pepper   |

*Eat your colors every day!*

## TOP TEN FRESH FRUIT AND VEGETABLE BUYS

### January

Apples,  
Grapefruit,  
Oranges, Pears,  
Tangerines,  
Brussels Sprouts, Broccoli,  
Cabbage, Cauliflower, Turnips



### February

Apples, Oranges, Pears,  
Tangerines, Grapefruit, Bell  
Peppers, Brussels Sprouts,  
Cabbage, Cauliflower, Radishes



### March

Apples, Grapefruit, Oranges,  
Pineapple, Strawberries,  
Asparagus, Broccoli, Cabbage,  
Lettuce, Spinach

### April

Honeydew, Pineapple,  
Oranges, Rhubarb, Strawberries,  
Celery, Artichokes, Asparagus,  
Bell Peppers, Green Beans

### May

Cantaloupe, Papaya, Pineapple,  
Rhubarb, Strawberries, Bell  
Peppers, Asparagus, Corn,  
Cucumbers, Lettuce

### June

Apricots, Cantaloupe, Cherries,  
Honeydew Melon, Mangos, Bell  
Peppers, Corn, Cucumbers,  
Green Beans, Green Peas

### July

Blueberries, Cantaloupe,  
Cherries, Nectarines,  
Watermelon, Beets, Bell  
Peppers, Corn, Cucumbers,  
Tomatoes

### August

Grapes,  
Honeydew, Nectarines,  
Peaches, Plums, Corn, Bell  
Peppers, Spinach, Tomatoes,  
Zucchini



### September

Apples,  
Grapes,  
Honeydew, Pears, Pineapple,  
Beets, Broccoli, Cauliflower,  
Squash, Tomatoes



### October

Apples, Cranberries, Grapes,  
Pears, Pomegranate, Brussels  
Sprouts, Cabbage, Cauliflower,  
Pumpkin, Squash

### November

Apples, Cranberries, Grapes,  
Oranges, Pears, Broccoli,  
Cabbage, Jicama, Sweet Potato,  
Turnips

### December

Apples, Grapefruit, Oranges,  
Tangelos, Tangerines, Broccoli,  
Cabbage, Cauliflower, Jicama,  
Sweet Potato

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