



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

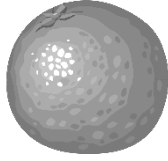
<u>Blue/Purple</u>	<u>Green</u>	<u>White</u>	<u>Orange/Yellow</u>	<u>Red</u>
Blackberries	Avocado	Bananas	Apricots	Apples
Blueberries	Grapes	Pears	Cantaloupe	Cherries
Purple cabbage	Honeydew melon	Cauliflower	Oranges	Raspberries
Purple grapes	Kiwi	Onions	Peaches	Watermelon
Plums	Broccoli	Turnips	Squash	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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