

EAT THE RAINBOW

While each fruit and vegetable is important, no one provides every nutrient your body needs. To have a well-balanced diet, choose a variety of colorful fruits and vegetables to provide a variety of nutrients.

RED fruits and vegetables provide Lycopene and Anthocyanins for cancer prevention and cardiovascular health.

- Tomatoes, watermelon, apricots, pink grapefruit, strawberries, cherries, cranberries, beets, red peppers, radishes, rhubarb

ORANGE/YELLOW fruits and vegetables add Beta carotene and Bioflavonoids to the diet, promoting eye health, immune function, tissue repair, and wound healing.

- Tangerines, oranges, nectarines, butternut squash, carrots, pumpkin, sweet corn, yellow peppers, lemons, mangoes, cantaloupe, apricots, pineapple, sweet potatoes

GREEN produce contains antioxidants such as Lutein and Zeaxanthin, which advance eye health, and Indoles to help prevent some forms of cancer.

- Kiwifruit, zucchini, green peppers, lettuce, spinach, avocados, green grapes, honeydew, artichokes, asparagus, green beans, celery, cucumbers, Brussels sprouts, peas

BLUE/PURPLE fruits and vegetables provide lycopene and anthocyanins for cancer prevention and cardiovascular health.

- Purple or black grapes, plums, eggplant, black olives, blackberries, blueberries, purple asparagus

WHITE produce is packed with Allicin, which helps block and eliminate toxins produced by bacteria and viruses, increasing immunity and fighting infection.

- Cauliflower, garlic, jicama, onions, bananas, turnips, parsnips, mushrooms, potatoes

Aim for at least 5 servings for fruits and vegetables each day, including a variety of types and colors. One serving equals 2 cups leafy vegetables, 1 medium fruit/vegetable, 1 c. cooked or raw fruits/vegetables, or ½ c. dried fruit.

For more information or to talk with a registered dietitian nutritionist, visit [HENDRICKS.ORG/NUTRITION](https://www.hendricks.org/nutrition).