



Small Changes for HEALTH



Why Eat "5-A-Day the Color Way"?



Colorful fruits and vegetables contain hundreds of disease fighting chemicals called, phytochemicals. Brightly colored fruits and vegetables contain the most disease fighting phytochemicals and nutrients for overall health. Your body can not absorb as many phytochemicals from pills and supplements as it can from eating fruits and vegetables, making it more important than ever to eat 5-9 servings of fruits and vegetables every day!

Blue/Purple

Lower risk of cancer
Urinary tract health
Memory function
Healthy aging

Fruits

Blackberries
Blueberries
Plums

Vegetables

Cabbage
Peppers
Eggplant

Green

Lower risk of some cancers
Vision health
Strong bones and teeth

Fruits

Green grapes
Kiwi
Limes

Vegetables

Broccoli
Green beans
Leafy greens

Red

Heart healthy
Memory function
Lowers risk of cancer
Urinary tract health

Fruits

Apples
Strawberries
Watermelon

Vegetables

Red potatoes
Tomatoes
Red Onion

Yellow/Orange

Lower risk of some cancers
Health hearty
Vision health
Healthy immune system

Fruits

Oranges
Peaches
Pineapples

Vegetables

Corn
Sweet Potatoes
Carrots

White

Heart healthy
Healthy cholesterol level
Lower risk of some cancers

Fruits

Bananas
Pears
Dates

Vegetables

White Potatoes
Onions
Mushrooms

Information retrieved from www.5aday.org

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