

5 A DAY the Color Way

Colorful fruits and vegetables offer the wide range of vitamins, minerals, fiber and phytochemicals that your body needs.

Color	Vegetables	Fruits	Health Benefits
BLUE/PURPLE	Purple Asparagus, Purple Cabbage, Purple Carrots, Eggplant, Purple Belgian Endive, Purple Peppers	Blackberries, Blueberries, Black Currants, Dried Plums, Purple Figs, Purple Grapes, Plums, Raisins	A lower risk of some cancers,* urinary tract health, memory functioning, healthy aging
GREEN	Artichokes, Broccoli, Chinese Cabbage, Green Beans, Leeks, Green Onions, Okra, Peas, Green Pepper, Watercress, Zucchini	Avocados, Green Apples, Green Grapes, Honeydew, Kiwifruit, Limes, Green Pears	Vision health, a lower risk of some cancers, strong bones and teeth
WHITE	Cauliflower, Garlic, Ginger, Jerusalem artichokes, Mushrooms, Onions, Parsnips, Potatoes (white fleshed), Shallots, Turnips, White Corn	Bananas, Dates, White Nectarines, White Peaches, Brown Pears	Heart health,* maintenance of cholesterol levels that are already healthy, a lower risk of some cancers*
YELLOW/ORANGE	Yellow Beets, Butternut Squash, Carrots, Corn, Yellow Peppers, Yellow Potatoes, Yellow Tomatoes, Pumpkin, Rutabagas	Yellow Apples, Apricots, Lemons Cantaloupe, Yellow Figs, Grapefruit, Mangoes, Nectarines, Oranges, Papayas, Peaches, Persimmons, Pineapples, Yellow Watermelon	A lower risk of some cancers,* a healthy heart,* vision health, a healthy immune system
RED	Beets, Red Peppers, Radishes, Radicchio, Red Onions, Red Potatoes, Rhubarb, Tomatoes	Red Apples, Cherries, Cranberries, Red Grapes, Pink/Red Grapefruit, Red Pears, Pomegranates, Raspberries, Strawberries, Watermelon	A healthy heart*, memory function, a lower risk of some cancers*, urinary tract health

* Low-fat diets rich in fruits and vegetables and low in saturated fat and cholesterol may reduce the risk of heart disease and cancers.