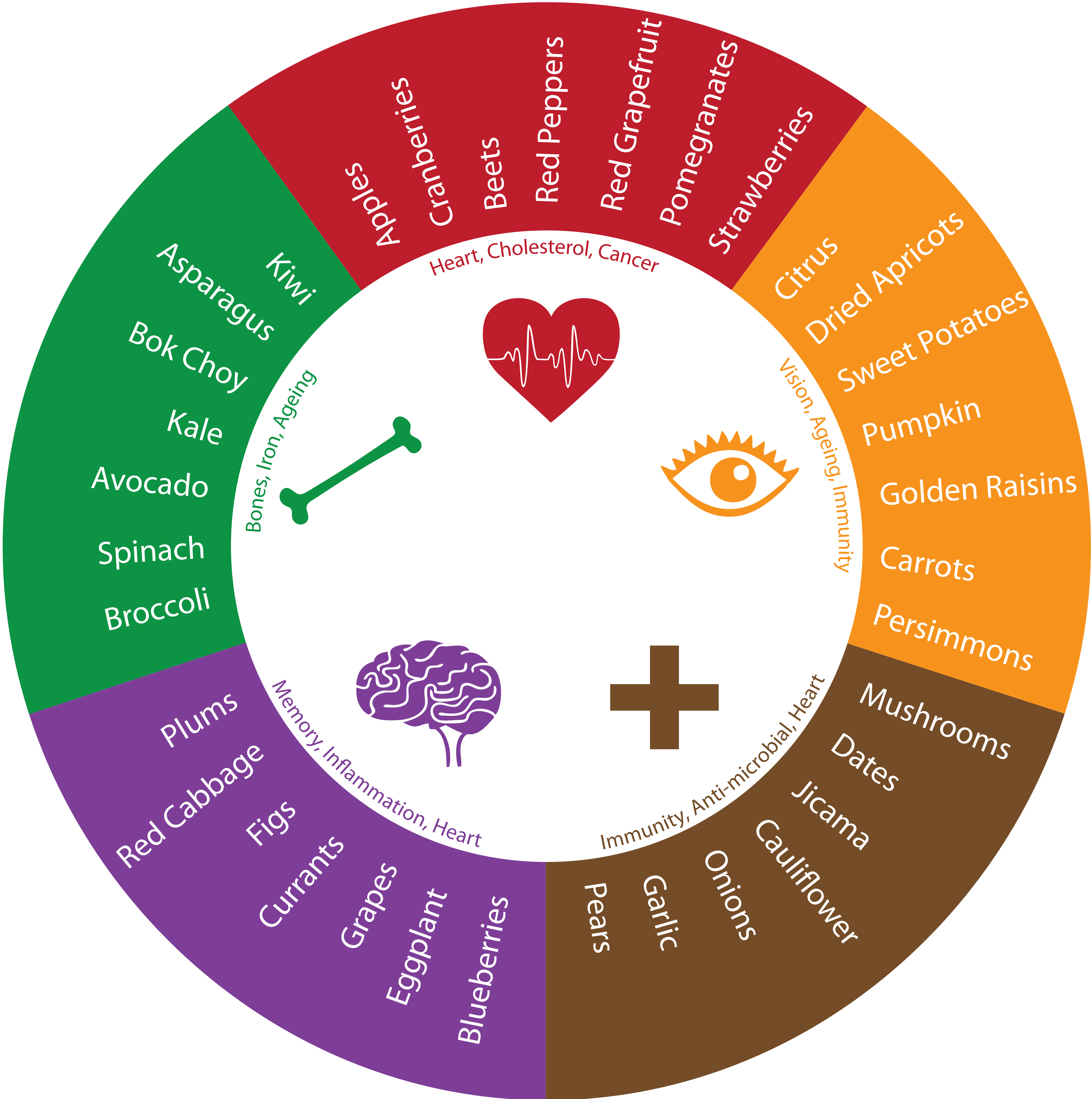


Colorful Eating



For Whole Body Health

Color Group	Antioxidants Cause Color!	Other Nutrient Content & Health Effects	Other Fruits & Vegetables
Red	Lycopene - One of the most powerful antioxidants in food. Promotes a healthy heart by increasing healthy blood circulation as well as lowering LDL cholesterol, also protects against cancer. Best absorbed in body when cooked.	Anthocyanin - Protects against high blood pressure and poor circulation Folate - B Vitamin essential for DNA/RNA production, deficiency can lead to birth defects Vitamin C	Tomatoes, strawberries, watermelon, cherries, red peppers, pink grapefruit, papaya, guava, raspberry, red cabbage, red apples, red onion
Yellow / Orange	Beta-Carotene - Converted into Vitamin A in the body, promotes healthy eyes, heart, and immune system Bioflavonoids - Works together with Vitamin C, reducing risk of cancer, strengthen bones, and prevent heart disease	Vitamin C - has antioxidant properties that promote healthy skin and proper wound healing as well as boosting immune system function	Yellow Figs, winter squash, pumpkin, corn, persimmons, apricots, mangos, cantaloupe, peaches, nectarines, pineapple, yellow pepper
White / Tan / Brown	Anthoxanthins - Helps maintain healthy cholesterol levels, lowers blood pressure, boosts the immune system	Allicin (a type of anthoxanthin) - contains anti-microbial properties aiding the body in fighting off infections Potassium - Necessary for nerve and muscle function	Dried figs, bananas, pears, leeks, chives, scallions
Green	Lutein - Important in maintain good vision as well as healthy skin production Indoles - Protect against breast and prostate cancers	Calcium - Maintains healthy bones and teeth, heart, nerve, and muscle function Iron - Essential in red blood cells ability to carry oxygen throughout the body. Vitamin K - Regulates blood clotting, protects bones from osteoporosis, and limits inflammation Folate	Romaine lettuce, green peas, honeydew, leafy greens, cabbage, brussel sprouts, turnips, mustard greens, asparagus, avocados
Blue / Purple	Anthocyanin - Reduces inflammation in the body, stroke, and heart disease, improves memory function and healthy aging, lowers risk of high blood pressure, reduce risk of cancer, anti-viral properties beneficial for urinary tract health	Phenolic - Improves memory loss and may fight Alzheimer's disease, also an anti-inflammatory and helps protect the heart	Blackberries, figs, currants, elderberries, prunes/plums, grapes/raisins, eggplant, purple potatoes, purple sweet potatoes, purple cauliflower

Antioxidants are found naturally in many fruits and vegetables and act to protect cells from damage caused by the by-products (free radicals) of everyday metabolism and toxic substances in the environment and food. Over time, free radicals can significantly damage cells and lead to a number of diseases associated with aging. Antioxidants act as little magnets, binding with free radicals as they circulate throughout the body, and neutralizing them to prevent them from doing damage.

Phytochemicals are naturally occurring chemicals found ONLY in plants that are beneficial to human health. Associated with preventing and treating leading causes of death in the US including cancer, heart disease, diabetes, and high blood pressure.

5 easy ways to add more fruits and vegetables in your diet:

1. Add vegetables to your breakfast. Stir spinach into scrambled eggs or toss chopped kale, onions and olive oil with sweet potato hash.
2. Add vegetables to your smoothie. Spinach, celery, kale, and cooked pumpkin all taste great in smoothies!
3. Snack with fruits and vegetables. Top your yogurt with nuts and fresh fruits. Apples, carrots and nuts make a great snack combination. Snap peas and cherry tomatoes make a great portable snack!
4. Serve proteins (chicken, fish, beef, tofu) with sautéed vegetables or a side salad.
5. Load up your sandwich. Think beyond lettuce and tomatoes, and go for apples, cucumber, avocado, red peppers, and mushrooms.