**Keeping It Colorful When Eating Fruits and Vegetables**

Colorful fruits and vegetables provide the wide range of vitamins, minerals, fiber and phytochemicals our bodies use to maintain good health and energy levels, protect against the effects of aging, and reduce the risk of cancer and heart disease. (Low-fat diets rich in fruits and vegetables and low in saturated fat and cholesterol may reduce the risk of some types of cancer, a disease associated with many factors.)

Follow the rainbow...

**BLUE/PURPLE**

Blue/purple fruits and vegetables contain varying amounts of health-promoting phytochemicals such as anthocyanins and phenolics, currently being studied for their antioxidant and anti-aging benefits. Include **BLUE/PURPLE** in your low-fat diet to help maintain a lower risk of some cancers, urinary tract health, memory function, and healthy aging. Get **BLUE/PURPLE** everyday with:

- Blackberries
- Blueberries
- Black currants
- Dried plums
- Eggplant
- Elderberries
- Okinawan Sweet Potato
- Plums
- Purple cabbage
- Purple figs
- Purple peppers
- Raisins

**RED**

Specific phytochemicals in the red group that are being studied for their health-promoting properties include lycopene and anthocyanins. Include a variety of **RED** fruits and vegetables in your low-fat diet to help maintain a healthy heart, memory function, a lower risk of some cancers, and urinary tract health. Include **RED** fruits and vegetables in your diet such as:

- Beets
- Blood oranges
- Cherries
- Cranberries
- Pink/Red Grapefruit
- Pomegranates
- Radicchio
- Radishes
- Raspberries
- Red apples
- Red grapes
- Red pears
- Red onions
- Red peppers
- Red potatoes
- Rhubarb
- Strawberries
- Tomatoes
- Watermelon

**GREEN**

Green vegetables contain varying amounts of phytochemicals such as lutein and indoles, which interest researchers because of their potential antioxidants, and health-promoting benefits. Include **GREEN** in your low-fat diet to maintain a lower risk of some cancers, vision health, and strong bones and teeth. Go **GREEN** every day with fruits and vegetables like these:

- Artichokes
- Arugula
- Asparagus
- Avocados
- Bok Choi
- Broccoflower
- Broccoli
- Brussels sprouts
- Celery
- Chinese cabbage
- Cucumbers
- Endive
- Green apples
- Green beans
- Green cabbage
- Green grapes
- Green onion
- Green Papaya
- Green pears
- Green pepper
- Honeydew
- Kiwifruit
- Leafy greens
- Leeks
- Lettuce
- Limes
- Okra
- Peas
- Snow peas
- Spinach
- Sugar snap peas
- Watercress
- Zucchini

Visit our Nutrition Education for Wellness (NEW) website at [www.ctahr.hawaii.edu/NEW](http://www.ctahr.hawaii.edu/NEW)
YELLOW/ORANGE
Yellow and orange fruits and vegetables contain varying amounts of antioxidants such as vitamin C as well as carotenoids and bioflavonoids. They are two classes of phytochemicals that scientists are studying for their health-promoting potential. Including **YELLOW/ORANGE** in your low-fat diet helps maintain a healthy heart, vision health, a healthy immune system, and a lower risk of some cancers. Choose **YELLOW/ORANGE** fruits and vegetables like:

- Apricots
- Butternut Squash
- Cantaloupe
- Cape Gooseberries
- Carrots
- Grapefruit
- Golden kimifruit
- Lemon
- Mangoes
- Nectarines
- Oranges
- Papaya
- Passion fruit
- Peaches
- Persimmons/Kaki
- Pineapples
- Pumpkins
- Starfruit/Carambola
- Sweet corn
- Sweet potatoes
- Tangerines
- Yellow apples
- Yellow beets
- Yellow figs
- Yellow pears
- Yellow peppers
- Yellow potatoes
- Yellow summer squash
- Yellow tomatoes
- Yellow watermelon
- Yellow winter squash

WHITE
White, tan, and brown fruits and vegetables contain varying amounts of phytochemicals of interest to scientists. These include allicin, found in the garlic and onion families. The mineral selenium, found in mushrooms, is also the subject of research. Include **WHITE** in your low-fat diet helps maintain heart health, healthy cholesterol levels, and low risk of some cancers. Get all the health benefits of **WHITE** by including foods such as:

- Asian pear
- Bananas
- Brown pears
- Dates
- Garlic
- Ginger
- Jicama
- Lychee
- Mushrooms
- Onions
- Parsnips
- Potatoes (white fleshed)
- Shallots
- Turnips
- White corn
- White nectarines
- White peaches

Enjoy fruits and veggies in all forms: fresh, frozen, canned, dried or 100% juice. For more information about fruits and veggies, visit [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org).

Contents of this article were reprinted with permission from the Produce for Better Health Foundation, [www.pbhfoundation.org](http://www.pbhfoundation.org).