Fruits and vegetables help make up a healthy diet. Adults should aim for getting at least 5 servings of them a day! Did you know that when it comes to fruits and vegetables, color matters? It is important to eat a variety of fruits and vegetables because each one has its own unique health benefits. Check out the color wheel below to learn more!

**White:**
Promotes heart health and helps to lower blood pressure
*Try – cauliflower, garlic, mushrooms, turnips, & potatoes

**Red:**
Helps improve heart, memory, and urinary tract health
*Try – red apples, raspberries, cranberries, tomatoes, & red bell peppers

**Orange & Yellow:**
Packed with antioxidants and increase eye, skin, and immune health
*Try – Oranges, carrots, pineapple, squash, & sweet potatoes

**Blue & Purple:**
Improves wound healing, tooth, and gum health and has anti-aging benefits
*Try – Eggplant, blueberries, blackberries, purple cabbage, and beets

**Green:**
High in fiber and nutrients and helps build strong bones and teeth
*Try – Kale, asparagus, pears, kiwi, & avocado