

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



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

Blue & Purple ● ●

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

● Green