

Eat from the Rainbow



Color is proof that—besides vitamins, minerals, fiber, and flavor—your meals and snacks provide powerful phytonutrients. These colorful plant chemicals seem to help the body fight disease, and some help to slow the signs of aging. Choosing different colors also helps you get the 5 to 9 daily servings of fruits and vegetables that your body needs for good health. A plant's color gives a clue to its health benefits. Check out the chart below.

Color	Some Sources	Benefits
Blue/ purple	Purple grapes, dark raisins, plums, blueberries, purple cabbage, dried plums	May reduce the risk of cancer, heart disease, and complications from diabetes. May help control high blood pressure and slow some effects of aging.
Red	Tomatoes, tomato products (spaghetti sauce, tomato juice, etc.), watermelon, guavas Cherries, strawberries, beets, red apples, red onion	May reduce the risk of certain types of cancer. May reduce the risk of cancer, heart disease, and complications from diabetes. May help control high blood pressure and slow some effects of aging.
Dark Orange	Mangos, sweet potatoes, cantaloupe, carrots, apricots, butternut squash	May reduce the risk of cancer and heart disease. Helps maintain good vision and strengthens the immune system.
Yellow- Orange	Oranges, grapefruit, papaya, nectarines, pears	May reduce the risk of cancer and heart disease. May strengthen bones and teeth, help the body heal wounds, keep skin healthy, and maintain eyesight.
Yellow- Green	Spinach, collard greens, kiwifruit, romaine lettuce, green peas	Helps maintain eyesight and may reduce the risk of vision problems common in later life.
Green	Broccoli, green cabbage, Swiss chard, bok choy	May reduce the risk of cancer and help the body get rid of cancer-causing chemicals.
White	Onions, garlic, leeks, scallions, chives	May reduce the risk of cancer, heart disease, and infection. May help lower high cholesterol and control high blood pressure.

What is a Serving?



1
medium-sized
fruit or
vegetable

1/2
cup



fresh,
frozen, or
canned* fruits
or vegetables
*canned fruit
packed in 100%
fruit juice



1
cup salad
greens

3/4
cup 100% fruit
or vegetable
juice



1/4
cup dried fruit

Source: *The California 5 a Day Campaign*

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