



Why Fruits and Vegetables?

(adapted from material presented by the Centers for Disease Control and 5aday.gov)

- Fruits and vegetables provide essential vitamins and minerals, fiber, and other nutrients that are important for good health.
- Compared to people who eat only small amounts of fruits and vegetables, those who eat more generous amounts — as part of a healthy diet — are likely to have a reduced risk of chronic diseases. These diseases include stroke, type 2 diabetes, some types of cancer, and perhaps heart disease and high blood pressure.

Most fruits and vegetables are naturally low in fat and calories, so substituting them for high-calorie foods can be a calorie-reducing strategy.



Aim for Color!

A plate that includes colorful vegetables is not just appealing to the eye. A wide variety of produce also provides your body with a number of health promoting benefits, such as vitamins, minerals and fiber. It's important to eat a wide variety of colorful vegetables and fruits every day. Eating orange, dark green, legumes, starchy, and other vegetables especially is recommended for adequate nutrient intake. The following chart lists a number of colorful fruits and vegetables for your selection.

<i>Be Beautiful in BLUES AND PURPLES</i>		
<p>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. Blues and purples may provide:</p> <ul style="list-style-type: none"> • A lower risk of some cancers • Urinary tract health • Memory function • Healthy aging 	<p>Blackberries Blueberries Elderberries Purple figs Purple grapes Plums Raisins</p>	<p>Purple asparagus Purple cabbage Purple carrots Eggplant Purple Belgian endive</p>

<i>Look Great in GREENs</i>		
<p>Green fruits and vegetables contain varying amounts of potent phytochemicals such as lutein and indoles, which interest researchers because of their potential antioxidant, health-promoting benefits.</p> <p>Go Green every day to maintain:</p> <ul style="list-style-type: none"> • A lower risk of some cancers • Vision health • Strong bones and teeth 	<p>Avocados Green apples Green grapes Honeydew Kiwifruit Limes Green pears</p>	<p>Artichokes Asparagus Broccoli Brussels sprouts Chinese cabbage Green beans Green cabbage Celery Chayote Cucumbers Endive Leafy greens Leeks Lettuce Green onion Okra Peas Green pepper Peas Spinach Watercress Zucchini</p>

<i>Live Well with WHITEs</i>		
<p>White, tan, and brown fruits and vegetables contain varying amounts of phytochemicals of interest to scientists. These include allicin, found in the onion family. Working white into your low-fat diet helps maintain:</p> <ul style="list-style-type: none"> • Heart health • Cholesterol levels that are already healthy • A lower risk of some cancers 	<p>Bananas Pears Dates White nectarines White peaches</p>	<p>Cauliflower Garlic Ginger Jerusalem artichoke Jicama Kohlrabi Mushrooms Onions Parsnips Potatoes Shallots Turnips White Corn</p>

<i>Opt for the ORANGES</i>		
<p>Orange and yellow fruits and vegetables contain varying amounts of antioxidants such as vitamin C as well as carotenoids and bioflavonoids, two classes of phytochemicals that scientists are studying for their health-promoting potential. Make yellow and orange a part of your low-fat diet to help maintain:</p> <ul style="list-style-type: none"> • Heart health • Vision health • A healthy immune system • A lower risk of some cancers 	<ul style="list-style-type: none"> Yellow apples Apricots Cantaloupe Cape Gooseberries Yellow figs Grapefruit Golden kiwifruit Lemon Mangoes Nectarines Oranges Papayas Peaches Yellow pears Persimmons Pineapples Tangerines Yellow watermelon 	<ul style="list-style-type: none"> Yellow beets Butternut squash Carrots Yellow peppers Yellow potatoes Pumpkin Rutabagas Yellow summer squash Sweet corn Sweet potatoes Yellow tomatoes Yellow winter squash
<i>RED-hot and Healthy</i>		
<p>The specific phytochemicals in the red group being studied for their health-promoting properties include lycopene and anthocyanins. Get your reds every day to help maintain:</p> <ul style="list-style-type: none"> • Heart health • Memory function • A lower risk of some cancers • Urinary tract health 	<ul style="list-style-type: none"> Red apples Blood oranges Cherries Cranberries Red grapes Pink/Red grapefruit Red pears Pomegranates Raspberries Strawberries Watermelon 	<ul style="list-style-type: none"> Beets Red peppers Radishes Radicchio Red onions Red potatoes Rhubarb Tomatoes