

A pigment called
chlorophyll
turns fruits and
vegetables green



Why Eat Green Foods?

- To decrease your seasonal allergies
- To lower your risk for eye disease
- To protect your body against cancer
- To help your body control bad cholesterol (LDL cholesterol)

What foods are green?

- Broccoli
- Asparagus
- Cabbage
- Kiwi
- Green Apples
- Avocado



A pigment called
alphacarotene
turns fruits
and vegetables
yellow



Why Eat Yellow Foods?

- To decrease your chance of developing bladder cancer
- To preserve your eyesight
- To keep your gut healthy
- To improve blood circulation
- To decrease your risk for developing type II diabetes

What foods are yellow?

- Crookneck Squash
- Yellow Pepper
- Corn
- Lemons
- Pineapples
- Star Fruit



A pigment called
betacarotene
turns fruits and
vegetables orange

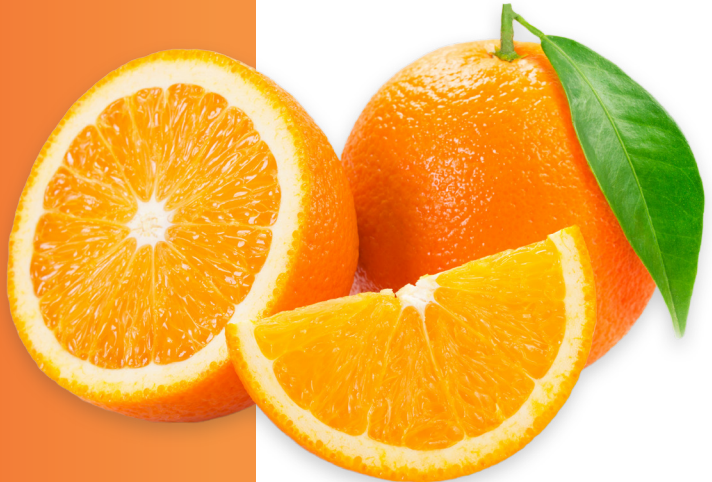


Why Eat Orange Foods?

- To preserve your eyesight
- To keep your heart healthy
- To protect your skin
- To fight against germs
- To strengthen your bones
- To live longer

What foods are orange?

- Orange Peppers
- Sweet Potatoes
- Carrots
- Cantaloupe
- Oranges
- Apricots



Pigments called
lycopene and
anthocyanin
turn fruits and
vegetables red



Why Eat Red Foods?

- To reduce inflammation in your body
- To help your blood flow properly
- To slow aging
- To help control your blood sugars
- To reduce your risk of developing certain cancers
- To improve your overall health
- To lower your risk of heart disease

What foods are red?

- Tomatoes
- Chard
- Radish
- Watermelon
- Raspberries
- Strawberries



A pigment called
anthocyanin
turns fruits and
vegetables purple



Why Eat Purple Foods?

- To improve blood circulation and prevent blood clots
- To improve your mood
- To help your body remove urine
- To keep your weight stable
- To maintain healthy cells in your body

What Foods are Purple?

- Purple Cabbage
- Raisins
- Plums
- Purple Onions
- Eggplants
- Purple Grapes



A pigment called
anthocyanin
turns fruits and
vegetables blue



Why Eat Blue Foods?

- To improve your memory
- To help prevent heart disease, cancer, and strokes
- To support good digestion
- To help your body use and store energy

What foods are blue?

- Blue Carrots
- Blackberries
- Blueberries
- Blue Corn
- Blue Raspberries



A pigment called
flavones
turns fruits
and vegetables
white



Why Eat White Foods?

- To decrease your risk for type II diabetes
- To help your body fight infections
- To decrease your risk for breast and colon cancer
- To help you live longer

What foods are white?

- Cauliflower
- Parsnips
- White Onions
- White Peaches
- Pears
- Bananas

