

Brighten up your plate and your health!

Eating a variety of colorful, fresh foods helps you get a good balance of the vitamins, antioxidants and minerals you need.



Support healthy blood pressure with blue/purple foods

- EGGPLANT
- BLUEBERRIES
- BLACKBERRIES
- PRUNES
- PLUMS



To reduce your risk of certain cancers and protect against heart attacks, eat red foods

- TOMATOES
- WATERMELON
- PINK GRAPEFRUIT
- GUAVA
- CRANBERRIES



Bump up your antioxidants and help regulate blood sugar levels with green vegetables

- BROCCOLI
- CABBAGE
- BOK CHOY
- BRUSSEL SPROUTS



For vision, skin and bone health, try orange/yellow foods

- CARROTS
- MANGOS
- CANTALOUPE
- WINTER SQUASH
- SWEET POTATOES
- PUMPKINS
- APRICOTS