WELLNESS SERIES

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

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





Family of health care plans

CareFirst BlueCross BlueShield is the shared business name of CareFirst of Maryland, Inc. and Group Hospitalization and Medical Services, Inc. CareFirst MedPlus is the business name of First Care, Inc. CareFirst BlueCross BlueShield, First Care, Inc., and CareFirst BlueChoice, Inc., are independent licensees of the Blue Cross and Blue Shield Association. ® Registered trademark of the Blue Cross and Blue Shield Association. % Registered trademark of CareFirst of Maryland, Inc.

Today's Dietician. "Color Me Healthy—Eating for a Rainbow of Benefits." Accessed April 21, 2015. http://www.todaysdietitian.com/newarchives/110308p34.shtml

American Diabetes Association. "Eating Colorful Foods has Health Benefits." Accessed May 1, 2015. http://www.diabetesforecast.org/2011/aug/eating-colorful-food-has-health-benefits.html

SUM3433-1E (3/16)