

Eating a Colorful Plate

Natural foods with bright colors are often good for you. Get to know your food colors and why each one is healthy!

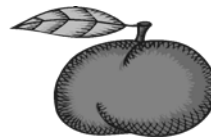
RED - Good for your heart, improves memory and fights cancer

- Apples
- Cherries
- Pink Grapefruit
- Strawberries
- Raspberries
- Watermelon
- Radishes
- Red Peppers
- Red Cabbage
- Tomatoes



YELLOW/ORANGE – Good for your eyes, heart, and immune system

- Apricots
- Cantaloupe
- Lemons
- Peaches
- Pineapple
- Corn
- Yellow Squash
- Oranges
- Mangoes
- Pumpkin
- Carrots
- Sweet Potatoes



GREEN – Good for your eyes, bones, teeth, and fights cancer

- Kiwi
- Grapes
- Honeydew
- Limes
- Broccoli
- Peas
- Green Peppers
- Spinach
- Zucchini
- Cucumbers
- Lettuce
- Asparagus
- Celery
- Dark Leafy Vegetables (mustard greens, kale, etc.)



BLUE/PURPLE – Good for your memory and decreases cancer risks

- Blackberries
- Blueberries
- Prunes
- Raisins
- Purple Cabbage
- Eggplant
- Purple Potatoes



WHITE/TAN – Good for your heart and decreases cancer risks

- Bananas
- Pears
- Cauliflower
- Mushrooms
- Onions
- Potatoes
- Garlic

