

IMPROVE YOUR DIET WITH COLOR



Time and time again, research has shown the amazing benefits of eating more fruits and vegetables each day. Scientists also have found that eating more *colorful* fruits and vegetables each day is a great (and tasty!) way to improve your health. Use the following table to identify some of the ways your favorite fruits and vegetables can help you be healthy.

Color	Examples	May Decrease Risk of:			May Improve:	
		Cancer	Heart Disease	Diabetes	Vision	Skin
Blue/Purple	Grapes, raisins, eggplant, plums	×	×	×		
Red	Strawberries, red apples, beets, tomatoes	×	×	×		
Yellow/Orange	Grapefruit, oranges, carrots	×	×		×	×
Green	Broccoli, bok choy, cabbage	×			×	
White	Onions, garlic, chives	×	×			

Information obtained from the *California Dept. of Health Services – Cancer Prevention and Nutrition Section* on September 19, 2002.



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