

HealthBits



La Crosse County Health Dept: Nutrition Division September 17, 2009



Get Healthy America – Eat More Fruits & Vegetables!

Mom always said “eat your greens.” Now, we’re learning that blues, reds, yellows, oranges, purples, and even whites are good for you, too. The reason lies in the very substances that give fruits and vegetables their colors: phytochemicals. These natural plant compounds not only protect plants, but also may provide important disease protection to humans.

From cancer to anti-aging, heart disease to eyesight, scientists are focusing on a wide range of potential health benefits. "For optimum health, scientists say, eat a rainbow of colors. Your plate should look like a box of Crayolas." - Janice M. Horowitz

Click Pick: How many fruits & veggies should you eat? Visit this website & enter your age, gender and activity level to find out. <http://www.fruitsandveggiesmatter.gov/index.html>

BLUE/PURPLE



Blue/purple fruits and vegetables contain varying amounts of health-promoting phytochemicals such as **anthocyanins** and **phenolics**, currently being studied for their antioxidant and anti-aging benefits. Include BLUE/PURPLE in your diet to help maintain:

- A lower risk of some cancers
- Urinary tract health
- Memory function
- Healthy aging

GREEN



Green vegetables contain varying amounts of phytochemicals such as **lutein and indoles**, which interest researchers because of their potential **antioxidant**, health-promoting benefits. Include GREEN in your diet to maintain:

- A lower risk of some cancers
- Vision health
- Strong bones and teeth

WHITE



White, tan, and brown fruits and vegetables contain varying amounts of phytochemicals of interest to scientists. These include **allicin**, found in the garlic and onion family. The mineral **selenium**, found in mushrooms, is also the subject of research. Including WHITE in your diet helps maintain:

- Heart health
- Cholesterol levels
- A lower risk of some cancers

YELLOW/ORANGE



Yellow and orange fruits and vegetables contain varying amounts of **antioxidants** such as vitamin C as well as **carotenoids** and **bioflavonoids**, two classes of phytochemicals that scientists are studying for their health-promoting potential. Including YELLOW/ORANGE in your diet helps maintain:

- A healthy heart
- Vision health
- A healthy immune system
- A lower risk of some cancers

RED



Specific phytochemicals in the red group that are being studied for their health-promoting properties include **lycopene** and **anthocyanins**. Include a variety of RED fruits and vegetables in your diet to help maintain:

- A healthy heart
- Memory function
- A lower risk of some cancers
- Urinary tract health

Here are some ideas to help you include more colors in your diet:

Red	Yellow/Orange	White	Green	Blue/Purple
Red apples	Yellow apples	Bananas	Avocados	Blackberries
Cherries	Apricots	Dates	Green apples	Blueberries
Cranberries	Cantaloupe	White peaches	Green grapes	Black currants
Red grapes	Grapefruit	Brown pears	Honeydew	Dried plums
Pink grapefruit	Lemons		Kiwifruit	Elderberries
Red pears	Mangoes	Cauliflower	Limes	Purple figs
Pomegranates	Nectarines	Garlic	Green pears	Purple grapes
Raspberries	Oranges	Ginger		Plums
Strawberries	Papayas	Jicama	Artichokes	Raisins
Watermelon	Peaches	Kohlrabi	Arugula	
	Yellow pears	Mushrooms	Asparagus	Purple cabbage
Beets	Pineapples	Onions	Broccoli	Eggplant
Red peppers	Tangerines	Parsnips	Brussels sprouts	
Radishes		Potatoes	Green beans	
Radicchio	Butternut squash	Shallots	Green cabbage	
Red onions	Carrots	Turnips	Celery	
Red potatoes	Yellow peppers		Cucumbers	
Rhubarb	Pumpkin		Leafy greens	
Tomatoes	Rutabagas		Leeks	
	Yellow summer squash		Green onions	
	Sweet corn		Okra	
	Sweet potatoes		Peas	
	Winter squash		Green pepper	
			Spinach	
			Zucchini	