

Some schools and educators are introducing children to the importance of eating a *variety* of fruits and vegetables by categorizing produce into *color* categories. This type of model, 5 A Day – Eat your colors every day, promotes eating fruits and vegetables from each of the color categories on a daily basis. <http://www.5aday.com>

See all the different colors of fruits and vegetables grown in our state!

Can you think of more?

BLUE/PURPLE in your diet can help maintain:

- Urinary tract health
- Memory function
- Healthy aging

Huckleberries Plums Elderberries
 Blackberries Purple cabbage
 Eggplant

Add **GREEN** to help maintain:

- Vision health
- Strong bones and teeth

Green apples Lettuce
 Broccoli Cucumbers Green Beans
 Green cabbage
 Green onion Green pepper Chard/Kale
 Peas Spinach
 Zucchini Leeks



Include **RED** in your diet to help maintain:

- Heart health
- Memory function
- Urinary tract health

Cherries Raspberries
 Red apples Strawberries Beets
 Radishes
 Red onions Red potatoes
 Rhubarb Tomatoes
 Red peppers

Add **YELLOW/ORANGE** to help maintain:

- Heart health
- Vision health
- A healthy immune system

Apricots Cantaloupe
 Peaches Yellow potatoes
 Yellow apples Pears
 Butternut and Summer Squash
 Carrots Pumpkin Sweet Corn

Add **WHITE** to help maintain:

- Heart health
- Cholesterol levels that are already healthy

Cauliflower Garlic Onions
 White corn Shallots Mushrooms Parsnips