



Brighten your plate with fruits and veggies! Fruits and vegetables contain key nutrients that provide numerous health benefits. The more variety of colorful fruits and vegetables that you can add to your plate every day, the better. According to the Dietary Guidelines for Americans 2020-2025, adults should consume 2-3 cups of vegetables and 1½-2 cups of fruit daily. There are many different flavors and textures to explore. Check out the different color groups and some of their unique nutrition attributes below.

<p>BLUE & PURPLE:</p>	<p>Full of powerful antioxidants called anthocyanins that support the immune system and memory function and help reduce the risk of heart disease and gastrointestinal tract cancers. <i>Examples – Blackberries, Elderberries, Grapes, Eggplant, Figs, Purple Cabbage, Plums</i></p>
<p>GREEN:</p>	<p>Rich in cancer-blocking chemicals that inhibit the action of harmful cancer-causing compounds called carcinogens. Contain calcium, magnesium and potassium, which help maintain strong bones and teeth. Packed with fiber to promote digestive health. <i>Examples – Kale, Avocados, Asparagus, Kiwi, Brussels Sprouts, Broccoli, Artichokes</i></p>
<p>PINK & RED:</p>	<p>Rich in vitamin C, vitamin A, potassium, and antioxidants, which support the body cells from damage that occurs with day-to-day living. These nutrients have been shown to help prevent cancer, fight chronic illnesses, and strengthen the immune system. <i>Examples – Strawberries, Raspberries, Tomatoes, Cherries, Beets, Red Peppers, Red Onions</i></p>
<p>ORANGE & YELLOW:</p>	<p>Loaded with immune-supporting vitamin A, which also helps to protect our eyes, skin, and heart. Many also have high levels of vitamin C, potassium, and vitamin K. <i>Examples – Carrots, Sweet Potatoes, Oranges, Pineapple, Mango, Apricots, Peaches, Corn</i></p>
<p>WHITE & BROWN:</p>	<p>Rich in soluble fiber that helps control cholesterol levels, promotes a healthy digestive tract and metabolism, and helps regulate blood sugar. <i>Examples – Onions, Cauliflower, Garlic, Leeks, Mushrooms, Parsnips, Potatoes</i></p>



Brighten Your Plate

NATIONAL FRUITS & VEGGIES MONTH

Blue & Purple: Blackberries, Blueberries, Dates, Eggplant, Grapes, Plums, Purple Figs, Raisins

White: Bananas, Water Chestnuts, Mushrooms, Onions, Potatoes, Garlic, Cauliflower, Parsnips, Shallots

Pink & Red: Beets, Cherries, Pink Grapefruit, Cranberries, Pomegranates, Radicchio, Red Peppers, Red Potatoes, Tomatoes, Watermelon, Strawberries

Orange & Yellow: Squash, Apricots, Carrots, Corn, Lemons, Mangoes, Oranges, Orange Peppers, Pumpkins, Sweet Potatoes, Yellow Apples, Tangerines, Pineapples

Green: Artichokes, Asparagus, Avocados, Broccoli, Brussels Sprouts, Collard Greens, Spinach & Kale, Green Grapes, Green Onions, Green Peppers, Kiwis, Limes, Okra, Peas, Zucchini, Green Apples

Packed with: Vitamins • Minerals • Fiber • Antioxidants • Water

Supports: Immunity • Memory • Vision • Healthy aging • A healthy heart