

# EAT YOUR COLORS

When looking for rainbows, most of us tilt our heads up to the sky. But when it comes to your health, the most important place you can find a rainbow is on your plate. Eating fruits and vegetables in a variety of colors means you're more likely to get the vitamins and nutrients you need. Read below to learn what each color of the rainbow can do to improve your health!



Red foods like cherries, cranberries, grapes, beets, red peppers, tomatoes, strawberries, radishes and raspberries may help maintain heart health, promote vision, boost your immune system, and reduce risk of cancer.



Orange and yellow foods like cantaloupe, sweet potatoes, carrots, pumpkin, oranges, pineapples, apricots, grapefruit, yellow squash and tangerines may help promote vision, boost your immune system, and lower your risk for heart disease and cancer.



Green foods like spinach, collards, limes, kale, broccoli, asparagus, green beans, cucumbers, avocados, green bell peppers, kiwi, leafy greens, snow peas, and honeydew may help promote healthy vision and reduce risk of cancer.



Blue and purple foods like plums, eggplant, purple cabbage, raisins, blueberries, blackberries, black olives, and purple grapes may help improve memory, and lower your risk for heart disease, stroke, cancer, and memory problems.



Brown and white foods like pears, dates, cauliflower, mushrooms, onions, parsnips, garlic, leeks, scallions, bananas, white corn, and turnips may help promote heart health and reduce risk of cancer and stroke.

**For more information, call 334-293-6502**

You can also check out [www.choosemyplate.gov](http://www.choosemyplate.gov)



**The Wellness Coalition**

[thewellnesscoalition.org](http://thewellnesscoalition.org)