

Eat Your Colors Tip Sheet

Are you eating your colors?



Colors / Day	Why?	Portion
<p>RED</p> <p>cherries, tomatoes, red apples, cranberries, watermelon, pink grapefruit, guava, pomegranate, radishes, raspberries, strawberries, grapes</p>	<p>Heart Health Cell Health Immune Health Antioxidant</p>	<p>½ cup or medium fruit/vegetable</p>
<p>ORANGE / YELLOW</p> <p>squash, papaya, corn, pineapple, lemons, passion fruit, oranges, cantaloupe, carrots, apricots, sweet potatoes, tangerines, peaches, nectarines, peppers</p>	<p>Eye Health Skin Hydration Immune Health Growth/Development Antioxidant</p>	<p>½ cup or medium fruit/vegetable</p>
<p>GREEN</p> <p>green beans, soybeans, green tea, kale, collard greens, spinach, green peppers, watercress, lettuce, zucchini, broccoli, brussels sprouts, grapes</p>	<p>Cell Health Lung Health Liver Function Antioxidant</p>	<p>½ cup or medium fruit/vegetable</p>
<p>BLUE / PURPLE</p> <p>Plums, beets, blackberries, figs, grapes, blueberries, red cabbage, black currants, eggplant, black beans, dark chocolate</p>	<p>Cognitive Health Heart Health Arterial Health Antioxidant</p>	<p>½ cup or medium fruit/vegetable</p>
<p>WHITE</p> <p>Cauliflower, black-eyes peas, pears, turnips, onions, mushrooms, horseradish, white kidney beans, parsnips, garlic, chickpeas, lentils</p>	<p>Bone Health Circulatory Health Arterial Health</p>	<p>½ cup or medium fruit/vegetable</p>