

Fruits and vegetables generally contain little fat, cholesterol or sodium and provide complex carbohydrates, fiber and nutrients. Most are low in calories, and they contain natural sugar.

**GREEN:** to help promote healthy vision and reduce cancer risk.

- Fruits: avocado, apples, grapes, honeydew, kiwi and lime
- Vegetables: artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

**ORANGE & YELLOW:** to promote healthy vision and immunity, and reduce the risk of some cancers.

- Fruits: apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple
- Vegetables: carrots, yellow pepper, yellow corn and sweet potatoes

**PURPLE and BLUE:** have anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.

- Fruits: blackberries, blueberries, plums, raisins
- Vegetables: eggplant, purple cabbage, purple-fleshed potato

**RED:** to help maintain a healthy heart, vision, immunity and may reduce cancer risks.

- Fruits: cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon
- Vegetables: beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

**TAN and BROWN:** to help promote heart health and reduce cancer risks.

- Fruits: banana, brown pear, dates and white peaches
- Vegetables: cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn.

## Tips for Getting More Color into your diet:

- To get more fruits and vegetables into your diet, challenge yourself to eat a different color each day. Make Monday a red day when you eat apples, tomatoes and strawberries, for example, and Tuesday an orange day for carrots and sweet potatoes.
- Add fruits and veggies to foods you already love, such as veggie toppings on pizza and slices of fruit on top of ice cream
- Contrasting colors on a plate help you visualize the size of the helping of food more easily.
- Add colorful vegetables to your starches. For example for roasted potatoes, add purple potatoes, sweet potatoes, carrots, winter squash, beets or peppers to make the dish more colorful
- A simple tablespoon of chopped, flat Italian parsley not only brings brightness to a plate it's also rich in calcium and anti-inflammatory nutrients. Eat the garnish.
- Start at the grocery store, and spend a little more time in the produce aisle first, and while you're inspecting the fresh fruit and veggies, focus on the range of colors.
- Vary your greens, reds, yellows, and purples from day to day. Green bell peppers add vitamin C or A. But don't forget asparagus, which is high in folate; and spinach, which is a great source of calcium and iron. This diversity across and within the food groups is one of the wisest investments you can make in your most precious asset: your health



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Crowley Crews  
Eat  
Colorfully



Fruits and  
Veggies  
are Valuable!

## STOP SUPER-SIZING!

- Most people eat and drink more when served larger portions. Choosing smaller portions can help you lose weight and keep it off.
- A simple trick to help you eat less is to use a smaller plate, bowl, or glass. One cup of food on a small plate looks like more than the same cup of food on a large plate.
- Pay attention to feelings of hunger. Stop eating when you are satisfied, not when your plate is empty.
- One way to start eating less is only eat half of what's on your plate. Pause and decide if you really want to eat more.



## LIVE A VIBRANT LIFE!

### Put More Color onto your Plate!



Red fruits and vegetables, such as raspberries, tomatoes, guava, watermelon, red cabbage, kidney beans, cherries, strawberries and beets, are likely to be rich in the antioxidants.

Most orange and yellow fruits and vegetables are rich in beta-carotene, which your body converts to vitamin A, a nutrient that not only improves night vision, but also helps keep your skin, teeth and bones healthy.



Green vegetables are good for your eyes, bones and teeth, and their vitamin K content helps your blood to clot properly. Green foods' antioxidant vitamins, particularly vitamins C and E, may lower your risk of chronic diseases

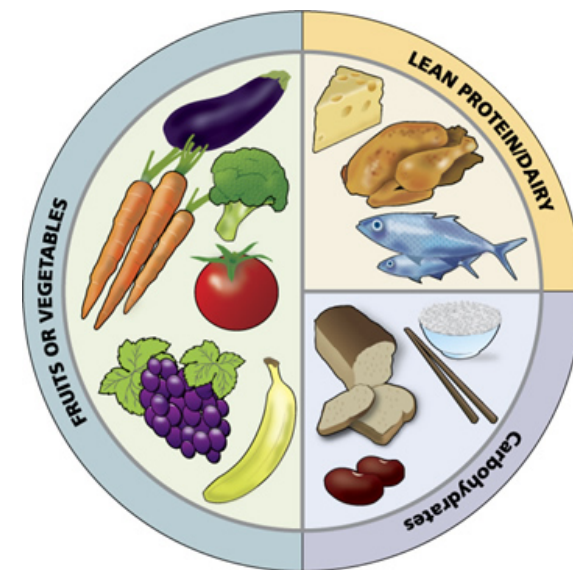
Blue and purple fruits and vegetables contain anthocyanins, natural plant pigments with powerful antioxidant properties that may reduce your risk of cardiovascular disease. They also contain flavonoids and ellagic acid, compounds that may destroy cancer cells.



White fruits and vegetables, including apples, pears, bananas, cauliflower and cucumbers, are high in dietary fiber, helping to protect you from high cholesterol, and antioxidant-rich flavonoids, such as quercetin, which is abundant in apples and pears. They may also lower your risk of stroke



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Most fruits and vegetables are low in calories and high in fiber. Fiber fills you up without causing weight gain.

Fill your plate with fruits and vegetables.



The Pot of Gold is  
your Health!

