

What do the colors mean?

But which veggies and fruits you eat is as important as how often you eat them. That's because different colors have different health benefits:

- **Red** fruits and vegetables, such as tomatoes, strawberries and red beans, are packed with vitamin C, vitamin A, potassium and antioxidants.
- **Yellow/orange** fruits and vegetables, including carrots, peaches, squash and pineapple, are also loaded with vitamin C, vitamin A and potassium. They can also boost the immune system and enhance vision.
- Mushrooms, bananas, onions and other **white** fruits and vegetables are good for the heart and help to control cholesterol levels.
- **Green** means lots of heart-protective potassium and vitamin K, which aids the blood clotting process. Green fruits and veggies also help to maintain vision health and strong bones and teeth. Dark green, leafy vegetables have the highest concentration of antioxidants and fiber.
- **Blue/purple** fruits and vegetables, including such favorites as cranberries, purple grapes, raisins and eggplant, boost urinary tract health and memory function and promote healthy aging.

As often as possible, choose fruits and vegetables that are high in fiber. They will fill you up more, leaving less room for foods that are high in calories and fat.

An added benefit: High-fiber diets have been associated with decreased risk and recurrence of cancer.

Eat fruits and vegetables that are highest in antioxidants, which boost the body's immune system, protect blood cells from free radicals, promote the growth of healthy cells and may help to lower the risk of stroke. Blueberries, cranberries, strawberries, blackberries,

raspberries, even goji berries, are all at the top of the list of antioxidant-rich fruits. Broccoli, spinach, carrots and potatoes are all high in antioxidants, and so are artichokes, cabbage, asparagus, avocados, beetroot, radish, lettuce, sweet potatoes, squash, pumpkin, collard greens and kale.