

# A RAINBOW OF HEALTH

WHAT THE DIFFERENT COLORS OF FRUITS AND VEGGIES MEAN TO YOU

## REDS

### NUTRIENTS

Lycopene and anthocyanins

### BENEFITS

- Reduces risk of cancer.
- Lowers blood pressure and LDL cholesterol levels.
- Helps maintain memory function, urinary tract health.
- Fights off infections and supports joint tissue.

## BLUES & PURPLES

### NUTRIENTS

Resveratrol, proanthocyanidin and anthocyanidin

### BENEFITS

- Promotes healthy aging.
- Improves immune and digestive systems and memory function.
- Lowers inflammation, LDL cholesterol, tumor growth, and risk of cancer and stroke.

## GREENS

### NUTRIENTS

Chlorophyll

### BENEFITS

- Lowers risk of cancer, blood pressure, LDL cholesterol, and free radical damage.
- Improves vision and immune system.

## ORANGES

### NUTRIENTS

Carotenoids and citrus bioflavonoids

### BENEFITS

- Improves brain function and decreases muscle cramps.
- Lowers risk of cancer and heart disease.
- Increases efficiency of the immune system.

## YELLOWS

### NUTRIENTS

Lutein and zeaxanthin

### BENEFITS

- Decreases risk of macular degeneration, and protects eyes from damage.
- Increases energy levels and immune system.

## WHITES & TANS

### NUTRIENTS

Anthoxanthins and allicin

### BENEFITS

- Lowers cholesterol, blood pressure, and risk of stomach cancer and heart disease.



Eating an assortment of colorful fruits and veggies provides your body with a wide range of vitamins, minerals, and nutrients. To get the most from these health benefits, it's recommended you eat one serving from each color group every day.

## HEALTHY PLANNING

VISIT [YP4H.OSU.EDU](http://YP4H.OSU.EDU) FOR HEALTHY MEAL IDEAS AND OTHER NUTRITIONAL INFORMATION



sources: [amberkeinath.com](http://amberkeinath.com), [livestrong.com](http://livestrong.com)

plain text goes here.