



# Eat the Rainbow!

We've always been told, "eat your greens," but we can't forget all the other colors of the rainbow. Research shows that blue, red, yellow, orange, purple, and even white food is good for us too. Fruits and vegetables have different phytochemicals that lend to their distinct colors. These phytochemicals work with the vitamins and minerals in the food to help lower the risk of some cancers and help keep our bodies healthy. [MyPlate.gov](http://MyPlate.gov) recommends at least 1½ cups of fruit and 2½ cups of vegetables each day.

## Helpful hints:

Fruits and vegetables can be enjoyed year-round by purchasing them fresh, frozen, or canned. Frozen fruits make quick smoothies. Canned vegetables are helpful when cold storage is limited. You have a variety of choices when it comes to having fruits and vegetables on hand. The next page is a guide to help you purchase fresh produce in season, when it is the least expensive.

## Colorful fruits and vegetables in your diet help with:

### RED

- Healthy aging
- Fighting disease

### YELLOW/ORANGE

- A healthy immune system
- Vision health

### GREEN

- Strong bones and teeth
- Vision health

### BLUE/PURPLE

- Memory function
- Healthy aging
- Urinary tract health

### WHITE

- Keeping cholesterol levels in check
- Heart health

### RED

Apples  
Cherries  
Raspberries  
Watermelon  
Strawberries  
Tomatoes  
Red Bell Peppers

### ORANGE/YELLOW

Apricots  
Cantaloupe  
Oranges  
Peaches  
Squash  
Corn  
Pineapple

### GREEN

Avocados  
Grapes  
Honeydew Melon  
Kiwi  
Broccoli  
Lettuce  
Spinach

### BLUE/PURPLE

Blackberries  
Blueberries  
Purple Cabbage  
Purple Grapes  
Plums  
Beets  
Figs

### WHITE

Bananas  
Pears  
Cauliflower  
Onions  
Turnips  
Nectarines  
Jicama

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## Ideas for a seasonal rainbow of fruits and vegetables

### January

Apples, Grapefruit, Oranges, Pears, Tangerines, Brussels Sprouts, Broccoli, Cabbage, Cauliflower, Turnips

### February

Apples, Oranges, Pears, Tangerines, Grapefruit, Bell Peppers, Brussels Sprouts, Cabbage, Cauliflower, Radishes

### March

Apples, Grapefruit, Oranges, Pineapple, Strawberries, Asparagus, Broccoli, Cabbage, Lettuce, Spinach

### April

Honeydew Melon, Pineapple, Oranges, Rhubarb, Strawberries, Celery, Artichokes, Asparagus, Bell Peppers, Green Beans

### May

Cantaloupe, Papaya, Pineapple, Rhubarb, Strawberries, Bell Peppers, Asparagus, Corn, Cucumbers, Lettuce

### June

Apricots, Cantaloupe, Cherries, Honeydew Melon, Mangos, Bell Peppers, Corn, Cucumbers, Green Beans, Green Peas

### July

Blueberries, Cantaloupe, Cherries, Nectarines, Watermelon, Beets, Bell Peppers, Corn, Cucumbers, Tomatoes

### August

Grapes, Honeydew Melon, Nectarines, Peaches, Plums, Corn, Bell Peppers, Spinach, Tomatoes, Zucchini

### September

Apples, Grapes, Honeydew Melon, Pears, Pineapple, Beets, Broccoli, Cauliflower, Squash, Tomatoes

### October

Apples, Cranberries, Grapes, Pears, Pomegranate, Brussels Sprouts, Cabbage, Cauliflower, Pumpkin, Squash

### November

Apples, Cranberries, Grapes, Oranges, Pears, Broccoli, Cabbage, Jicama, Sweet Potatoes, Turnips

### December

Apples, Grapefruit, Oranges, Tangelos, Tangerines, Broccoli, Cabbage, Cauliflower, Jicama, Sweet Potatoes



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