

Eat 5 colors a day!

If you've spent anytime on deck or attended a nutrition clinic, you've heard this saying a dozen times. The reason this is so important is because fruits and veggies get their individual characteristics like color, smell, and texture from special compounds found in plants called phytochemicals. Each phytochemical has its own set of nutrients which research has shown to be associated with various health benefits. Generally speaking, different colored produce will give you different nutrients and thus potential health benefits to go with them.

RED

High in vitamin A, B-vitamins, vitamin C, manganese, & fiber, these nutrients are powerful cancer-fighters touted for their inflammation and free-radical fighting antioxidant properties. They are good for your memory, lung and heart health, and can help lower blood pressure & LDL cholesterol.

ORANGE & YELLOW

These fruits and vegetables are just a pigment away from their red counterparts, they contain a similar vitamin and mineral profile. They are High in vitamin C, potassium, & fiber. In comparison, yellows have more vitamin C but less vitamin A than the orange ones. The nutrients found in this group are known to promote the health of epithelial tissues such as our eyes, skin, and hair. Vitamin C is known to aid in the formation of collagen which helps keep our skin supple and joints healthy. Fruits & veggies of this color are heart healthy and can help to lower LDL cholesterol and blood pressure. The antioxidants of this color group boost immunity, fight cell damaging free radicals, encourage alkaline balance, and work with magnesium and calcium to build healthy bones & teeth.

GREEN

High in vitamin K, C, B-complex, calcium, folate, fiber, potassium & most of the trace minerals the nutrients found in these fruits & veggies help to reduce the risk of certain cancers, promote heart health, aid in digestion, support healthy vision, and some studies are showing they may aid in fighting diabetes. The antioxidants of this color group are powerful immune boosters and help scavenge cell damaging free-radicals.

BLUE & PURPLE

The nutrients found in these fruits & veggies are anti-aging, support brain, heart, digestive, & eye health, and help to lower LDL cholesterol and boost immune system activity. They can also help to improve calcium and other mineral absorption. This color group is a powerful cancer fighter

because compounds found in these foods act as anti-carcinogens in the digestive tract-limiting the activity of cancer cells by fighting inflammation & free-radicals, and slowing, stopping, or even reversing tumor growth. They are also high in vitamin C, vitamin K, manganese, & fiber.

WHITE & BROWN

Don't be fooled, just because this group is void of color doesn't mean these fruits & veggies are void of health benefits! Quite the contrary, they are nutritional superstars when it comes to immune boosting and cancer-fighting abilities. They are filled with anti-bacterial, anti-fungal, and anti-viral properties and can aid in the activation of immune cells called killer B and T cells. This color group can help reduce the risk of colon, breast, and prostate cancers, balance hormone levels, and reduce the risk of hormone-related cancers. They are high in vitamin C, vitamin K, folate, & fiber.