

Fruits and Vegetable chart!

HEALTH BENEFITS

Fruits and vegetables (as mums have known forever), are essential for proper nutrition as well as for fending off and protecting against a variety of diseases. Take a look at the table below, which is based on the "5 a Day" initiative. Add an item to your diet everyday from each of the fruit and vegetables color categories and you will reap the benefits associated with that category.

The 5 A Day Program and Produce for Better Health Foundation suggest eating a wide variety of fruits and vegetables from different color groups to get an assortment of phytochemicals, vitamins and minerals.

Color & Examples	Phytochemical Examples	Potential Benefits
Red: apples, cherries, strawberries, watermelon, beets, red peppers, radicchio, tomatoes	Lycopene, anthocyanins	Maintain memory function, heart health, and urinary tract health; reduce blood pressure, fight infections, and reduce risk of some cancers
Orange/yellow: apricots, mangos, oranges, peaches, pineapple, cantaloupe, carrots, corn, winter squash	Carotenoids, bioflavonoids	Maintain health of heart, eyes, and immune system, slow aging, and reduce risk of some cancers
Green: leafy greens, asparagus, broccoli, green beans, peas, spinach, honeydew, kiwi, avocados	Lutein, indoles, carotenoids	Improve vision, strengthen bones and teeth, and reduce risk of some cancers
Blue/purple: blueberries, blackberries, purple grapes, plums, eggplant, purple cabbage	Anthocyanins, phenolics, resveratrol	Facilitate healthier aging, enhance memory function, urinary tract health and cardiovascular health and reduce risk of some cancers
White/tan/brown: onions, garlic, cauliflower, turnips, mushrooms, potatoes, bananas, pears, dates	Allicin, quercetin, sulphoraphane	Improve heart health, maintain healthy cholesterol levels, and reduce risk of some cancers

Not all foods listed above, even within the same group, have the same health benefits. Foods with the same phytochemicals may contain different concentrations of the phytochemicals, and the compounds may be absorbed differently. Even different varieties of foods within the same category (such as different varieties of apples or lettuce) may contain widely varying concentrations and kinds of phytochemicals. However, those darker in color usually contain higher concentrations. So think "more color and more variety" in making your selections!