

Eat Your Colors



Colorful Fruits & Vegetables

- It's important to eat different colored plant foods
- Different colored fruits and vegetables contain very different vitamins, minerals, and phytochemicals



Yellow & Orange

- Helps keep your heart healthy
- Helps keep your eyes healthy
- Helps boost your immune system
- Lowers risk of some cancers



Blue & Purple

- Helps improve your memory
- Helps you to age healthfully
- Helps keep your urinary tract healthy
- Lowers risk of some cancers



White

- Helps keep your heart healthy
- Helps maintain healthy cholesterol levels
- Lowers risk of some cancers



Green

- Helps keep your eyes healthy
- Helps you to have strong bones and teeth
- Lowers risk of some cancers



Red

- Helps keep your heart healthy
- Helps improve your memory
- Helps with urinary tract health
- Lowers risk of some cancers

Phytochemicals are natural compounds that are found in fruits and vegetables. By working with the other nutrients contained in fruits and vegetables, phytochemicals go to work in your body to improve your health. Phytochemicals may help slow the aging process and reduce the risk of many diseases, including cancer, heart disease, stroke, high blood pressure, cataracts, osteoporosis, and urinary tract infections. Phytochemicals are related to the pigments in fruits and vegetables, and different colored fruits and vegetables all contain different phytochemicals.

You can benefit from all of the phytochemicals and nutrients found in plant foods by eating 5-9 servings of fruits and vegetables a day, and by eating more whole grains, soy, and nuts. Just make sure that you choose a variety of different colored fruits and vegetables in order to get the most out of your phytochemicals.



This handout was created by the Riverside Regional Medical Center Dietitians.
Please call **757-594-2000** if you have any questions.