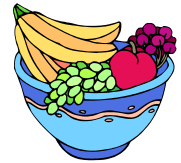




5 A Day

THE COLOR WAY



EAT YOUR COLORS TO STAY HEALTHY AND FIT!

BLUE / PURPLE

Helps maintain:

- Lower risk of some cancers
- Urinary tract health
- Memory function
- Healthy aging

Blueberries and other berries • concord grape juice • eggplant • plums

GREEN

Helps maintain:

- Lower risk of some cancers
- Vision health
- Strong bones and teeth

spinach • kale • leafy greens • broccoli • asparagus

WHITE

Helps maintain:

- Heart health
- Cholesterol levels that are already healthy
- Lower risk of some cancers

bananas • cauliflower • mushrooms • onions • turnips • white peaches

YELLOW/ORANGE

Helps maintain:

- Heart health
- Vision health
- Lower risk of some cancers
- Healthy immune system

winter squash • sweet potatoes • apricots • carrots • pumpkin • oranges • tangerines • peaches

RED

Helps maintain:

- Heart health
- Urinary tract health
- Lower risk of some cancers
- Memory function

tomatoes • watermelon • red grapefruit • red peppers • cherries

It's all about color and the power of colorful fruits and vegetables to promote good health. So when you're grocery shopping, planning your meals or dining out, think color!

<http://www.5aday.org>