

## Choose the Colors of Health

<b>Types</b>	<b>Maintains</b>	<b>Food Sources</b>	
<b>Blue/Purple</b>	<ul style="list-style-type: none"> <li>• A lower risk of some cancers</li> <li>• Urinary tract health</li> <li>• Memory function</li> <li>• Healthy aging</li> </ul>	Blackberries Blueberries Dried plums	Purple Grapes Plum Raisins
<b>Green</b>	<ul style="list-style-type: none"> <li>• A lower risk of some cancers</li> <li>• Vision health</li> <li>• Strong bones and teeth</li> </ul>	Broccoli Celery Cucumbers Green apples Green beans Green grapes Green onion	Green pears Kiwi fruit Leafy greens Lettuce Limes Okra Peas
<b>White</b>	<ul style="list-style-type: none"> <li>• Heart health</li> <li>• Cholesterol levels that are already healthy</li> <li>• A lower risk of some cancers</li> </ul>	Bananas Cauliflower Garlic	Mushrooms Onions Potatoes
<b>Yellow/Orange</b>	<ul style="list-style-type: none"> <li>• Heart health</li> <li>• Vision health</li> <li>• A healthy immune system</li> <li>• A lower risk of some cancers</li> </ul>	Cantaloupe Carrots Grapefruit Lemon Nectarines Oranges Peaches	Pineapples Pumpkin Sweet Corn Sweet potatoes Tangerines Yellow apples Yellow pears
<b>Red</b>	<ul style="list-style-type: none"> <li>• Heart health</li> <li>• Memory function</li> <li>• A lower risk of some cancers</li> <li>• Urinary tract health</li> </ul>	Red apples Cherries Cranberries Red grapes Pink/Red grapefruit	Strawberries Watermelon Red potatoes Tomatoes

From the 5 A Day The Color Way: [www.5aday.com](http://www.5aday.com)

University of Arkansas, United States Department of Agriculture, County Governments Cooperating

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