






Fruit and Vegetable Nutrition Chart

Color	Some fruits and vegetables	Some of the benefits
<p>Blue and Purple</p> 	<p>blackberries, blueberries plums, figs, grapes, raisins, purple cabbage, eggplant</p>	<p>These support digestion, improve calcium, reduce strokes and cancers. They are also high in vitamin C and fiber.</p>
<p>Green</p> 	<p>avocados, kiwi green apples, peas green grapes artichokes, lettuce asparagus, celery broccoli, spinach green beans green cabbage, cucumbers, limes, okra</p>	<p>These are high in iron, fiber, calcium and magnesium, vitamins C, E, K and many of the B vitamins. Green foods help eye sight, digestion and boost your immune system.</p>
<p>Yellow and Orange</p> 	<p>carrots, oranges, apricots, cantaloupes, lemons, mangoes, nectarines, peaches, yellow peppers, papayas, sweet potatoes, pineapple, pumpkin, corn</p>	<p>These are high in vitamin C and beta-carotenes. They help keep your heart healthy, good for eye sight, and build healthy bones.</p>
<p>White</p> 	<p>bananas, cauliflower, garlic, ginger, mushrooms, onions, potatoes, turnips, parsnips</p>	<p>These help boost immune system, reduce cancers, and balance hormones.</p>
<p>Red</p> 	<p>red apples, tomatoes, cherries, cranberries, beets, red peppers, radishes, watermelon, raspberries, rhubarb</p>	<p>Red foods help fight cancers, lower blood pressure, lower cholesterol and keep your heart healthy.</p>