

Bright Bites: The Benefits of a Colorful Diet

Many of the bright fruits and vegetables we eat are both beautiful and beneficial to our health thanks to their micronutrients—the compounds that help give plants their brilliant color, enticing taste, and disease-fighting effects. Eating a wide range of naturally colorful plant foods is a great way to ensure you are getting all the vitamins, minerals, and phytonutrients needed to promote health and lower your risk for chronic health conditions.



Red foods are often rich *flavonoids*, *lycopene*, *vitamin C* and *folate*, which help support heart health and memory.

Foods to try: apples, red cabbage, red onion, red pepper, strawberries, tomatoes, cherries and watermelon.



Orange and yellow foods often contain *beta-carotene*, *vitamin A* and *vitamin C*, which help promote healthy eyes, heart health and immune function.

Foods to try: cantaloupe, carrots, butternut squash, lemons, mango, oranges, papaya, peaches, pineapple, pumpkin, sweet potatoes and yellow peppers.



Green foods often offer *chlorophyll*, *vitamin K*, *carotenoids*, *isothiocyanates* and *omega-3 fatty acids*, which help maintain healthy bones, teeth and eyes.

Foods to try: asparagus, bok choy, broccoli, cabbage, collards, cucumbers, grapes, green beans, green peppers, honeydew, kale, peas and spinach.



Many blue and purple foods contain *anthocyanin*, which helps support memory and healthy aging.

Foods to try: dark beans, eggplant, beets, blueberries, blackberries, and figs.



Certain white foods offer *flavonoids*, which help promote heart health and healthy cholesterol levels.

Foods to try: ginger, jicama, onions and mushrooms.