

# Color Your Plate YOUR Way!

To keep your body healthy, your body needs a variety of essential nutrients. How do you know if you are getting enough of these nutrients from what you eat?

Start by counting the colors in your meals — then add more! Colors count when they come from nature; artificial colors simply don't count. Each day, try to include plenty of color in your meals and snacks — such as red, yellow, orange, green, blue, purple, brown, beige and white. This maximizes the nutrition you get from fruits and vegetables.



**Red (antioxidants)** — protects blood vessels and potentially improves memory. Ex: tomatoes, strawberries, red apples, cherries, radishes and kidney beans.

**Orange / Yellow (carotenoids)** — provides anti-cancer and anti-oxidant benefits, improves vision and heart health. Ex: oranges, carrots, yellow or orange bell pepper, sweet potatoes, apricots, pumpkins, squash and grains.

**Green (phytochemicals)** — reduces inflammation. Ex: spinach and dark green leafy greens, broccoli, green cabbage, asparagus, peas, kiwi, green bell pepper and green beans.

**Blue (anti-aging properties)** — protects against damage to blood vessels, cartilage, tendons and ligaments; helps with memory function and urinary tract health. Ex: eggplant, blueberries, plums, red grapes and blackberries.

Wellness   
**YOUR Way**

Live well. Feel well. Be well.