



# Eat the Rainbow:

## Grow Your Palette for Your Health

The American Heart Association recommends eating 4 servings of fruits and 5 servings of vegetables each day. By eating a rainbow of fresh produce every day, you can help boost your health and reduce risk for cancer and other illnesses.



### Red Fruits and Vegetables:

May reduce risk of diabetes and help to inhibit formation of cholesterol in blood



### Green Fruits and Vegetables:

Rich in antioxidants to help protect the retina, preserve vision and prevent blindness



### Orange and Yellow Fruits and Vegetables:

Rich in beta carotene to help maintain healthy vision



### Blue and Purple Fruits and Vegetables:

Antioxidant rich anti-inflammatory effects



### White and Tan Fruits and Vegetables:

Reduction in certain cancer risks and helpful for the heart

## Try These Easy Tips and Tricks to Increase Your Daily Vegetable Intake:

- Snack on baby carrots, broccoli, cauliflower or jicama (for added fiber, try hummus as a dip)
- Try steam-in-the-bag frozen vegetables as a quick and easy addition to any dinner
- If your busy schedule has you eating take-out, supplement it with a fresh salad or cooked veggies from home
- Add extra frozen vegetables to soup before heating
- Cut vegetables ahead of time and keep them on hand for quick snacks, meal additions or to snack on while preparing dinner
- Have vegetables for breakfast—include onions, peppers, carrots, salsa, tomatoes and broccoli in your morning omelet

Source: Mayo Clinic Health System Follow the Rainbow to Health, Physicians Committee Nutrition Rainbow, American Heart Association Fruit and Vegetable Serving Sizes

