GREEN

Broccoli, green cabbage, spinach, romaine lettuce, green peas, kiwi fruit, swiss chard

Can help you:
- Avoid cancer of the prostate and colon (large intestine)
- Develop and maintain healthy bones and teeth
- Maintain healthy vision

YELLOW

Nectarines, papaya, pumpkin, carrots, apricots, cantaloupe, grapefruit, orange, sweet potatoes, mango, yellow squash, yellow or orange peppers

Can help you:
- Reduce the risk of cancer of the esophagus, mouth, throat, larynx, and stomach
- Reduce the risk of heart disease
- Maintain healthy vision
- Maintain healthy skin
- Fight infection
- Heal wounds

RED

Tomatoes, beets, watermelon, guavas, strawberries, red apples, red peppers, red onions, cherries, red potato

Can help you:
- Reduce the risk of heart disease
- Reduce complications of diabetes
- Control high blood pressure
- Reduce the risk of certain types of cancer (for example, tomatoes for prostate cancer)
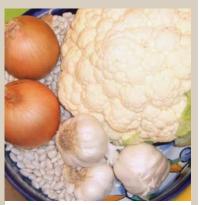
PURPLE

Red grapes, dark raisins, plums, red cabbage, prunes, blueberries

Can help you:
- Maintain a good memory
- Reduce the risk of certain types of cancer
- Reduce the risk of heart disease
- Reduce complications of diabetes
- Control high blood pressure

WHITE

Onions, garlic, cauliflower, white potato, beans, scallions (green onions)

Can help you:
- Maintain a healthy cholesterol level
- Control high blood pressure
- Fight infection

Hennepin

Hennepin County
Human Services and
Public Health Department
Public Health Promotion
612-348-6336

Eat purple fruits and vegetables for a good memory

Can help you:

- Maintain a good memory

- Reduce the risk of certain types of cancer

- Reduce the risk of heart disease

- Reduce complications of diabetes

- Control high blood pressure

Mention fruits and vegetables such as:

- Red grapes
- Plums
- Prunes

- Dark raisins
- Red cabbage
- Blueberries

Can help you:

- Maintain a good memory
- Reduce the risk of certain types of cancer
- Reduce the risk of heart disease
- Reduce complications of diabetes
- Control high blood pressure

Eat red fruits and vegetables for a healthy heart

Can help you:

- Reduce the risk of certain types of cancer (for example, tomatoes for prostate cancer)

- Reduce the risk of heart disease

- Reduce complications of diabetes

- Control high blood pressure

Mention fruits and vegetables such as:

- Tomatoes
- Beets
- Red peppers
- Red potato
- Watermelon
- Strawberries
- Red onions
- Guavas
- Red apples
- Cherries

Can help you:

- Reduce the risk of heart disease
- Reduce complications of diabetes
- Control high blood pressure
- Reduce the risk of certain types of cancer
  (for example, tomatoes for prostate cancer)

Eat white fruits and vegetables for healthy cholesterol levels

Can help you:

- Maintain a healthy cholesterol level

- Control high blood pressure

- Fight infection

Mention fruits and vegetables such as:

- Onions
- Cauliflower
- Beans
- Garlic
- White potato
- Scallions (green onions)

Can help you:

- Maintain a healthy cholesterol level
- Control high blood pressure
- Fight infection

Eat yellow fruits and vegetables for good vision

Can help you:

- Reduce the risk of cancer of the esophagus, mouth, throat, larynx, and stomac

- Maintain healthy vision

- Heal wounds

- Maintain healthy skin

- Fight infection

- Reduce the risk of heart disease

Mention fruits and vegetables such as:

- Nectarines
- Carrots
- Grapefruit
- Mango
- Yellow or orange peppers
- Papaya
- Apricots
- Orange
- Yellow squash
- Pumpkin
- Cantaloupe
- Sweet potatoes

Can help you:

- Reduce the risk of cancer of the esophagus, mouth, throat, larynx, and stomach
- Reduce the risk of heart disease
- Maintain healthy vision
- Maintain healthy skin
- Fight infection
- Heal wounds

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Eat green fruits and vegetables to lower the risk of some cancers

Can help you:

- Avoid cancer of the prostate and colon (large intestine)

- Develop and maintain healthy bones and teeth

- Maintain healthy vision

Mention fruits and vegetables such as:

- Broccoli
- Spinach
- Green peas
- Swiss chard

- Green cabbage
- Romaine lettuce
- Kiwi fruit

Can help you:

- Avoid cancer of the prostate and colon (large intestine)
- Develop and maintain healthy bones and teeth
- Maintain healthy vision