



Health Benefits, Recipes, and Activities

RED **WHY EAT RED FRUITS AND VEGETABLES?** Besides being rich in vitamins and minerals, red fruits and vegetables also help with heart health and memory function, and they protect your body against cancer.

Red fruits and vegetables: Cherries, pink/red grapefruit, radishes, raspberries, red apples, red bell peppers, red grapes, red onions, red pears, red potatoes, rhubarb, strawberries, tomatoes, and watermelon

Try our [Yogurt Berry Crunch](#) and [Cherry Tomato Salsa](#) recipes. Color [Tony the Tomato](#).

ORANGE **WHY EAT ORANGE FRUITS AND VEGETABLES?** Besides being rich in vitamins and minerals, orange fruits and vegetables also help with heart health, strengthening your immune system, vision health, and healing wounds, and they protect your body against cancer.

Orange fruits and vegetables: Apricots, butternut squash, cantaloupe, carrots, mangoes, nectarines, orange bell peppers, oranges, orange tomatoes, peaches, pumpkin, sweet potatoes, tangerines

Try our [Glazed Carrot Coins](#) and [Melon Fruit Salad](#) recipes. Color [Charles the Carrot](#).

YELLOW **WHY EAT YELLOW FRUITS AND VEGETABLES?** Besides being rich in vitamins and minerals, yellow fruits and vegetables also help with heart health, strengthening your immune system, and healing wounds, and they help protect your body against cancer.

Yellow fruits and vegetables: Carrots, corn, grapefruit, golden kiwi, lemons, pineapples, yellow apples, yellow bell peppers, yellow pears, yellow potatoes, yellow summer squash, yellow tomatoes, and yellow winter squash

Try our [Roasted Corn Salsa](#) and [Spicy Baked Plantains](#) recipes. Color [Carla the Corn on the Cob](#).

GREEN **WHY EAT GREEN FRUITS AND VEGETABLES?** Besides being rich in vitamins and minerals, green fruits and vegetables also help with developing strong bones and teeth, and healthy vision, and they help protect your body against cancer.

Green fruits and vegetables: Asparagus, avocados, broccoli, brussels sprouts, cabbage, celery, cucumbers, green apples, green beans/peas, green bell peppers, green grapes, green onions, green pears, honeydew, kiwi, leafy greens, leeks, limes, okra, spinach, and zucchini

Try our [Zucchini Bread](#) and [Berry Secret Smoothie](#) recipes. Color [Pat the Pepper](#).

PURPLE-BLUE **WHY EAT PURPLE-BLUE FRUITS AND VEGETABLES?** Besides being rich in vitamins and minerals, blue and purple fruits and vegetables also help with brain and memory function and slow aging, and they protection your body against cell damage and cancer.

Purple-blue fruits and vegetables: Blackberries, blueberries, eggplant, grapes, plums, prunes, purple asparagus, purple cabbage, purple carrots, purple peppers, and purple potatoes

Try our [Plum Slushy](#) and [Beet Hummus](#) recipes. Color [Bobby the Beet](#).