Some schools and educators are introducing children to the importance of eating a *variety* of fruits and vegetables by categorizing produce into *color* categories. This type of model, 5 A Day – Eat your colors every day, promotes eating fruits and vegetables from each of the color categories on a daily basis. [http://www.5aday.com](http://www.5aday.com)

**See all the different colors of fruits and vegetables grown in our state!**

*Can you think of more?*

**BLUE/PURPLE** in your diet can help maintain:
- Urinary tract health
- Memory function
- Healthy aging

Huckleberries  Plums  Elderberries
Blackberries  Purple cabbage
Eggplant

**GREEN** to help maintain:
- Vision health
- Strong bones and teeth

Green apples  Lettuce
Broccoli  Cucumbers  Green Beans
Green cabbage
Green onion  Green pepper  Chard/Kale
Peas  Spinach
Zucchini  Leeks

Include **RED** in your diet to help maintain:
- Heart health
- Memory function
- Urinary tract health

Cherries  Raspberries
Red apples  Strawberries  Beets
Radishes
Red onions  Red potatoes
Rhubarb  Tomatoes
Red peppers

Add **YELLOW/ORANGE** to help maintain:
- Heart health
- Vision health
- A healthy immune system

Apricots  Cantaloupe
Peaches  Yellow potatoes
Yellow apples  Pears
Butternut  and Summer Squash
Carrots  Pumpkin  Sweet Corn

Add **WHITE** to help maintain:
- Heart health
- Cholesterol levels that are already healthy

Cauliflower  Garlic  Onions
White corn  Shallots  Mushrooms  Parsnips