

Eat a delicious RAINBOW of fruits and vegetables every day!

White vegetables and fruits such as bananas and cauliflower may reduce your risk of heart disease, and colon and kidney cancers.

Red vegetables and fruits such as radishes, raspberries, and tomatoes support healthy skin, immune system, and bone health.

Blue and Purple fruits and vegetables such as blueberries or eggplant support healthy brain and immune system function; they may also reduce your risk for heart disease.

Green leafy vegetables contain folic acid, a nutrient shown to reduce a woman's risk of having a child born with a brain or spinal cord defect.

Orange and Yellow fruits and vegetables, such as carrots, sweet potatoes, and oranges help keep your immune system healthy and may reduce your cancer risk.

See
www.5aday.org for
more information

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Think {wellness}

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