

Pick from a Rainbow of Healthy Foods from The Farmers' Market

Pick One Fruit or Vegetable of Each Color	Vegetables	Fruits	Why Eat Them??? Because They Are a...
	Excellent sources of vitamin C, Vitamin A, and Folic Acid are noted by (C), (A), (FA) respectively.		
RED	Red Peppers (C) Beets Red Potatoes (C)	Red Apples Raspberries Strawberries (C) Cranberries (C) Tomatoes (C) Red Watermelon (C)	Good to Excellent source of: Vitamin C Fiber Key Phytonutrients:* Lycopene, a carotenoid Anthocyanins
ORANGE YELLOW- ORANGE	Carrots (A) Sweet Corn Pumpkins (A) Rutabaga (C) Winter Squash (A) Sweet Potatoes (A,C,FA) Yellow Peppers (C) Yellow Potatoes (C)	Apricots (A) Cantaloupe (A) Nectarines (A) Yellow Peaches (A) Yellow Pears Yellow Watermelon (C)	Good to Excellent Source of: Vitamin A Folic Acid Fiber Key Phytonutrients: Carotenoid: Alpha- and Beta-carotene, Beta-Cryptoxanthin Limonoids
WHITE	Cauliflower (C) Endive Garlic, Leeks, Onions Mushrooms Parsnips White Potatoes (C) White Turnips (C)	White Peaches Brown Pears	Fair to Good Source of: Vitamin C Fiber Key Phytonutrients: Allicin Flavonoids
GREEN YELLOW-GREEN	Asparagus (FA) Arugula (A) Bok Choy (C) Broccoli, Broccoli Rabe (A,C,FA) Brussels Sprouts (C) Green Cabbage (C) Cauliflower, white and purple(C) Collard Greens, Kale (A,C,FA) Green Peppers (C) Dark Leafy Greens: Beet, Turnip, Mustard, Spinach (A,C,FA) Romaine Lettuce Peas Swiss Chard	Green Apples Green Pears	Fair to Excellent Source of: Vitamins A, C, E and K Riboflavin Calcium Folic Acid Iron Fiber Key Phytonutrients: Sulforaphane, Isothiocyanate and Indoles for cabbage family Carotenoid: Lutein and Zeaxanthin, Folic Acid
BLUE BLUE-PURPLE	Red Cabbage Eggplant Purple Potatoes (C)	Blackberries Blueberries Concord Grapes Purple Plums	Good Source of: Vitamin C Fiber Key Phytonutrients: Anthocyanins (powerful antioxidants)*

EAT at least one serving from each color group every day. Remember, the darker the color, the better the value! A mix of colors, in 5 to 9 servings, along with a low fat diet, will help maintain a healthy heart, memory function, vision health, strong bones and teeth, healthy weight levels and a lower risk of some cancers.

SHOP at the Farmers' Market once or twice a week for fresh fruits and vegetables to enjoy the best taste and nutrition.

*ANTIOXIDANTS – plant substances that protect the body by neutralizing free radicals which can damage cells and lead to poor health.

*PHYTONUTRIENTS (also called phytochemicals) – natural plant compounds that may provide a variety of health benefits and contribute to the bright colors in fruits and vegetables. These help to protect your genes and your DNA