



Reach for the **fruit** and **veggie** **rainbow!**

It is common knowledge that eating fruits and vegetables is good for your health.

But did you know that you can get greater nutritional benefit by eating a variety of colors? The differences in color of fruits and vegetables are caused by nutrients that influence their pigmentation.



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Use the chart below to help you strive to eat all of the colors of the rainbow!

Color	Example
Blue/Purple	Grapes, beets, blueberries, blackberries, figs, prunes, purple cabbage, plums, eggplant, purple carrots, purple potatoes, raisins, black olives, purple asparagus
Red	Apples, cherries, strawberries, raspberries, radishes, red bell peppers, tomatoes, watermelon, rhubarb, red onions, red potatoes, pomegranates, cranberries, red pears
Orange/Yellow	Pumpkin, oranges, papaya, peaches, orange bell peppers, sweet potatoes, carrots, cantaloupe, butternut squash, tangerines, persimmons, pineapple, lemons, corn, yellow figs, summer squash, potatoes
White	Bananas, pears, cauliflower, jicama, onions, garlic, mushrooms, dates, white peaches, parsnips, turnips, white corn, shallots, white asparagus
Green	Apples, grapes, kiwi fruit, broccoli, spinach, kale, Brussels sprouts, bok choy, cabbage, celery, cucumber, green beans, peas, leeks, lettuce, okra, snow peas, Swiss chard, limes, zucchini, artichokes, asparagus

Try these tips to eat more color!

- **Eat a multicolor salad.** Salads are a great way to eat a lot of colors at once.
- **Drink a smoothie.** Try making a smoothie by blending three different colors—for example, a smoothie with spinach, pineapple and blueberries gets you green, yellow, and blue!
- **Double up.** Cook two vegetables at once for additional flavor and variety. Opt for broccoli and cauliflower; peas and carrots; peppers and onions; zucchini and eggplant; or spinach and tomatoes.
- **Swap pasta for spaghetti squash.** It looks similar to spaghetti when cooked, but it's a vegetable. The squash and sauce provide you with two different colors.
- **Make a loaded veggie soup.** Soups are a great way to incorporate a variety of vegetables.
- **Try rainbow chard.** A vegetable that is already multicolor? Yes, please! You can find it in yellow, orange, red, purple, green and white.
- **Plan ahead.** Wash, cut and assemble red peppers, carrots and celery as an afternoon snack. Raw cucumbers and broccoli are also delicious.
- **Stock your fruit bowl.** Keep many colors of fruit on hand like bananas, apples, pears, peaches and plums—they're great for a quick snack.

Turn to us—we can help.



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