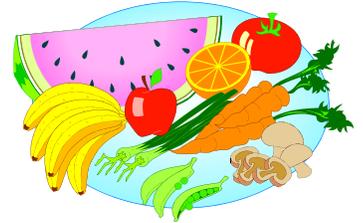


## Think Color and Feel Better

Every step taken toward eating more fruits and veggies will help you and your family be at a higher level of wellness. Because fruit and vegetable consumption may reduce your family's risk of many diseases, the **Dietary Guidelines for Americans** recommends eating them more than any other food group. Make fruits and vegetables about half of what you eat, every time you eat. It's easier than you think! Whether the choice is fresh, frozen, canned, 100% juice or dried, aim for color:

- Dark green (spinach, broccoli, leaf lettuces, peppers...)
- Bright orange (sweet potatoes, carrots, oranges, peaches, apricots...)
- Dark or bright red (kidney beans, apples, grapes, watermelon, plums, tomatoes, berries...)
- Bright yellow (bananas, corn, lemons, grapefruit, pineapple...)



Fruits and vegetables can be great sources for many important nutrients. Fiber may decrease the risk of coronary heart disease.

- Magnesium may help to support muscle and nerve function and a healthy immune system.
- Folate may reduce a woman's risk of having a child with a brain or spinal cord defect.
- Potassium may help to control blood pressure.
- Vitamin A may help to maintain healthy skin and eyes.
- Vitamin C may help heal cuts and wounds, maintain oral health and protect against infection.
- Antioxidants may help cleanse the body of toxins that can damage cells.

As a consumer, you have the power to choose how to obtain nutritious food. Think about planting your own garden, visiting a local farm, shopping local farmer's markets or purchasing from local grocers committed to stocking locally grown fruits and vegetables. Enjoy the journey to good health and make it a learning experience.

For additional information visit the following websites:

- [www.eatright.org](http://www.eatright.org)
- [www.myplate.gov](http://www.myplate.gov)
- [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)
- [www.farmfreshatlas.org](http://www.farmfreshatlas.org)

*Hales Corners Health Department  
December 2011*