

FOR IMMEDIATE RELEASE

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The Vegetable and Fruit Rainbow

Have you ever been told to eat the rainbow? Many people have but few are told why they should eat the rainbow when it comes to vegetables and fruits. There are many ways you can add more vegetables and fruits to your diet. You can put them in smoothies, roast them, make stir-fry, or have them for a snack or dessert.

Why the Rainbow?

Each different color of Vegetable and Fruit has a different vitamin and nutrient content. To get the most health benefit, you need to eat as many of the different colors as you can. Canned, fresh, or frozen, will all add health to your diet.

Health benefits of different vegetable and fruit colors

- **Blue/Purple** (ex. *blueberries, eggplant, purple grapes, plums, purple figs, etc.*) – Blue and Purple vegetables and fruits contain vitamins and nutrients that help the body. Some of the benefits include; limit the activity of cancer cells, fight inflammation, boost immune system, improve calcium and mineral absorption, and act as an anticarcinogen in the digestive tract.
- **Green** (ex. *avocados, broccoli, brussels sprouts, kale, green grapes, etc.*) – Green vegetables and fruits contain vitamins and nutrients that help the body. Some of the benefits include; reduce cancer risk, control digestion time, boost immune system, lower blood pressure, and lower LDL cholesterol levels.
- **Orange/Yellow** (ex. *apricots, carrots, oranges, summer squash, sweet potatoes, etc.*) – Orange and Yellow vegetables and fruits contain vitamins and nutrients that help the body. Some of the benefits include; reduce cancer risk, reduce age-related macular degeneration, lower LDL cholesterol levels, support healthy bone growth, and promote healthy joints.
- **Red/Pink** (ex. *beets, cherries, pink grapefruit, red peppers, tomatoes, etc.*) – Red and pink vegetables and fruits contain vitamins and nutrients that help the body. Some of the benefits include; reduce cancer risk, lower blood pressure, lower LDL cholesterol levels, reduce tumor growth, and remove harmful free-radicals.



- **White** (*ex. bananas, cauliflower, garlic, mushrooms, potatoes, etc.*) – White vegetables and fruits contain vitamins and nutrients that help the body. Some of the benefits include; reduce cancer risk, boost immune system activity, activate natural cancer defense system in the body, and balance hormone levels.

Please contact me to schedule an appointment or for more information, contact Tyler Johnson, Expanded Food and Nutrition Education Program Agent, Wildcat Extension District tajohnson120@ksu.edu, or by calling 620-232-1930.

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