

EAT YOUR COLORS!

Natural plant pigments strengthen your body from the inside!

Red fruits and vegetables rich in "lycopene" or "anthocyanins" protect our cells from damage, keep our hearts healthy and help us fight cancer, especially prostate cancer

Red apples	Cranberries	Pomegranates	Rhubarb
Beets	Pink grapefruit	Red potatoes	Strawberries
Red cabbage	Red grapes	Radishes	Tomatoes
Cherries	Red peppers	Raspberries	Watermelon

Orange/yellow fruits and vegetables are are packed with "carotenoids" which helps maintain healthy mucous membranes, protect our eyesight, help reduce risk of cancer, heart disease and can improve immune system function and reduce risk of birth defects.

Yellow apples	Lemons	Pears	Yellow summer or winter squash
Apricots	Mangoes	Yellow peppers	Sweet corn
Butternut squash	Nectarines	Persimmons	Sweet potatoes
Cantaloupe	Oranges	Pineapple	Tangerines
Carrots	Papayas	Pumpkin	Yellow tomatoes
Grapefruit	Peaches	Rutabagas	

Green fruits and vegetables have "chlorophyll", "lutein", "zeaxanthin", "indoles" and folate to keep eyes healthy.(reduce risk of cataracts and age-related macular degeneration), and help protect against cancer, heart disease, stroke, diabetes and birth defects.

Green apples	Broccoli	Green grapes	Green onions
Artichokes	Brussels sprouts	Honeydew	Peas
Arugula	Green cabbage	Kale	Green pepper
Asparagus	Chard	Kiwi	Spinach
Avocados	Collards	Lettuce	Turnip Greens
Green beans	Cucumbers	Limes	Zucchini

Blue/purple fruits and vegetables rich in "anthocyanins" which act as powerful antioxidants that protect cells from damage, can reduce risk of cancer, stroke and heart disease, can even help improve memory function and support healthy aging.

Blackberries	Eggplant	Plums/Prunes	Purple grapes
Blueberries	Figs	Purple Cabbage	Purple potatoes

White/Tan fruits and vegetables contain "anthoxanthins" and "allicin", which may help lower cholesterol, blood pressure, and reduce risk of all types of cancer (esp. garlic and onions!), stroke and heart disease.

Bananas	Garlic	Mushrooms	Potatoes
Cauliflower	Ginger	Onions	Turnips
	Jicama	Parsnips	

What did you eat...? (Details, please!)

...for **LUNCH** yesterday?

...for **DINNER** last night?

...for **BREAKFAST** this morning?

...for **snacks** in between? (include **dessert**)

R: Y/O: G: B/P: W/T: ♥G: B: O/G: M: B: S: