

LIVE A MORE COLORFUL LIFE!

Nutrition: Live a More Colorful Life! - An initiative by Tarrant County Public Health to educate consumers about the benefits of incorporating a wide and colorful array of fruits and vegetables into their daily diets. More information at <http://www.tarrantcounty.com>



RED FRUITS AND VEGETABLES	NUTRIENTS	BENEFITS
Tomatoes	Lycopene, Vitamins C, A and K, potassium and fiber	Aids in development of healthy teeth, bones, skin and hair, helps to lower blood pressure and cholesterol levels, and some cancers.
Red Onions	Full of antioxidants, namely quercetin, a flavonoid	Helps to lower cholesterol, thin the blood, and helps to prevent hardening of the arteries. Helps prevent the progression of cancer tumors.
Red Bell Peppers	Vitamins A, C, K and Carotenoids	Powerful antioxidants which can help prevent cancer and other diseases
Beets	A good source of Dietary Fiber, Vitamin C, Iron, Magnesium and Potassium, Folate and Manganese	Aids in the protection against birth defects, osteoporosis, cancer, Alzheimer's, also help to lower cholesterol and blood pressure.
Red Radishes	Silicon, Sulfur	Helps to stimulate circulation and liver function, natural kidney cleansers, dissolve mucus, and treat thyroid imbalances.
Rhubarb	Fiber, Protein, Vitamins K, C, Calcium, Potassium, antioxidant and anti-inflammatory	Aids in the absorption of the bad cholesterol; helps prevent the growth of several different kinds of tumors.
Watermelon	Rich in Carotenoids (mostly Lycopene), Folic Acid, Vitamin C, Calcium, Magnesium, Phosphorus, Potassium, Sodium and B5	Helps to lower incidence in prostate and oral cancers. Lycopene may also help reduce risks of cardiovascular disease. Basically, very cleansing, alkalizing, diuretic and mineralizing.
Strawberries	Vitamins A, C and B6, Fiber, Potassium, Folate, Various antioxidants and flavonoids	Helps to protect against heart disease and cancer. Fiber, both soluble and insoluble, also helps lowers the risk of both cardiovascular diseases and hypertension.
Red Apples	Vitamin C, Beta-Carotene, Iron, Potassium and Fiber	A good source of antioxidants, also good for heart, memory function and to help maintain urinary tract health.
Cherries	Beta-Carotene, Vitamin C, Potassium, Magnesium, Iron, Fiber and Folate, Melatonin	High levels of anti-inflammatory and antioxidant properties help reduce risk factors for heart disease, diabetes and certain cancers, also helps regulate the body's natural sleep patterns, aid with jet lag, helps to prevent memory loss and delay the aging process.

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Pomegranates	Rich in Potassium and antioxidants (A, C and E) as well as Folic Acid	Help in maintaining effective and healthy blood circulation. Health benefits also include help with stomach disorders, cancer, dental care (antibacterial and antiviral properties) osteoarthritis, anemia and diabetes.
Red Grapes	Vitamins C and B, also a good source of Manganese and Potassium, also high in Flavonoids	Helps improve anti-inflammatory, anti-cancer, antiviral, antibacterial properties, as well as protects against heart disease.
Raspberries	Rich in Antioxidants, Manganese and Vitamin C, Salicylic Acid	Aids in lowering the risk of age-related macular degeneration and heart disease, anti-aging, slow down atherosclerosis. Helps with inflammation and pain, also helps restrain proliferation of cancer cells and even the formation of tumors in various parts of the body, including the colon.
Cranberries	Loaded with different Antioxidants	Helps lower your cholesterol and reduce the risk of heart disease, stroke, may protect from certain cancers, gum disease, urinary tract infections and stomach ulcers.
Red Grapefruit	An excellent source of Vitamin C and Lycopene as well as dietary fiber, Vitamin A, Potassium and Folate	Helps support the Immune System, anti-tumor activity; helps reduce the risk of developing prostate cancer. Promotes heart health, also reduces severity of inflammatory conditions such as asthma, osteoarthritis, rheumatoid arthritis.

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GREEN FRUITS AND VEGETABLES	NUTRIENTS	BENEFITS
Asparagus	High in Vitamins K, C and A, Riboflavin, Thiamine, Niacin, B6, Potassium, Iron, also Phosphorus and Fiber	Helps prevent birth defects, a diuretic, anti-inflammatory for arthritis, asthma, rheumatism, and even water retention, PMS, aging.
Avocado	Oleic Acid, Carotenoid Lutein, Zeaxanthin, Alpha-Carotene and Beta-Carotene plus significant quantities of Tocopherols (Vitamin E)	Helps to lower cholesterol, tocopherols inhibited the growth of prostate and breast cancer, help guard against high blood pressure, heart disease or stroke.
Bell Peppers	A good source of Vitamins B6, C and K, Beta-Carotene, Thiamine, Folic Acid and Phytochemicals	Can provide protection against cataracts, helps prevent blood clot formation and reduce the risk of heart attacks and strokes.
Broccoli	High amount of Vitamin C, Folic Acid, Potassium, Calcium, Fiber, Beta-Carotene	Helps prevent and control Alzheimer's, diabetes, osteoporosis, stomach and colon cancer, malignant tumors, lung cancer, heart disease, arthritis, and even the aging process.
Bok Choy	High in Vitamins A, C, B-Carotene, Calcium, Dietary Fiber and Folic Acid	Helps to reduce risk of certain cancer and cataracts, aids in healthy digestion, helps to prevent birth defects.
Cabbage	Vitamin C, Folic Acid, Potassium and Fiber	Aids in inhibition of infections and ulcers, boosts the immune system, reduces risk of colon cancer, a cleansing agent for the digestive system, helps to prevent birth defects.
Celery	An excellent source of Vitamin C and Fiber, a good source of some B-Vitamins, Potassium, Folic Acid and Coumarins	Can be effective in cancer prevention, coumarin compound helps to lower blood pressure, enhances activity of certain white blood cells.
Collard Greens	An excellent source of Fiber, Vitamins B6 and C, Carotenes, Chlorophyll, and Manganese	Helps protect against cancer, heart disease, cataracts, to keep the immune system strong.
Cucumbers	A very good source of Vitamins A, C, Folic Acid, Fiber and variety of minerals including Magnesium, Silica, Molybdenum and Potassium	Helps strengthen connective tissue, effective for various skin problems, helpful for swollen eyes, burns and dermatitis helps to prevent water retention.

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Green Apples	Pectin, Potassium, Folic Acid and Vitamin C	Helps promote heart health, helps maintain a healthy blood pressure, acts as a liver and gall bladder cleanser, may aid in softening gallstones.
Green Beans	Are an excellent source of Manganese, Vitamins K and C. A good source of Dietary Fiber, Potassium, Iron and Folate, Calcium, and Protein	Helps promote bone health, helps lower high blood pressure, reduces risk of atherosclerosis, and helps prevent colon cancer and is also a very strong anti-inflammatory.
Honey Dew Melon	Excellent source of Vitamin C, Potassium, Copper and B Vitamins	Helpful in maintaining healthy blood pressure and healthy skin.
Kiwifruit	An excellent source of Vitamin C and Fiber, a good source of Vitamin E and Potassium	Helps to prevent the mutations of genes, prevent prostate, colon and lung cancer.
Lettuce (Chinese lettuce, romaine, iceberg lettuce)	A good source of Chlorophyll, Vitamin K, Fiber, Choline and Folic Acid	Aids in treatment of insomnia, fiber aids digestion, helps reduce risk of cancer, heart disease, stroke and cataracts, and helps prevent spina bifida and anemia.
Pears	A very good source of Fiber, Vitamins B2, C, E, Copper and Potassium and Pectin	Helps maintain your immune system, reduces the risk of age-related macular degeneration and cataracts.
Peas	Good source of Protein, Vitamins B, C, K, Carotenes, Magnesium, Phosphorus, Manganese, Iron, Potassium and Lutein	Can help maintain your immune system, helps reduce the risk of age-related macular degeneration and cataracts.
Snow Peas	A very good Vitamin K, C, Folic Acid and a good source of Vitamin B6	Helps support cardiovascular health and function, maintain bone health, and prevent the development of cancer as well as enhancing the immune function.
Zucchini	Contains Vitamin C, Lutein and Fiber	A powerful antioxidant, also promotes eye health, has anti-inflammatory properties and helps prevent the risk of having multiple sclerosis.

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ORANGE/YELLOW FRUITS AND VEGETABLES	NUTRIENTS	BENEFITS
Apricots	Full of Beta-Carotene, Fiber, Vitamin C and Lycopene	Helps protect the heart and eyes, Helps prevent and treat constipation, and also helps reduce the risk of developing prostate cancer.
Cantaloupe	A good source of Vitamins A and C, Niacin, Thiamine, B6, Potassium, Folic Acid, Pantothenic Acid and Fiber	Aids in building a strong immune system and healthy vision. Helps in the maintenance of new cells, especially during pregnancy.
Mangoes	An excellent source of Vitamin C, Carotenes, Copper, B Vitamins, and Fiber. Also a good source of Potassium, Magnesium and Vitamin E	Can be effective as an anticancer food. They also contain several enzymes that help to improve digestion, also offer some protection against infections.
Papayas	A great source of Papain Carotenes, Flavonoids, and Vitamins C, A, E, Folic Acid, Fiber and Potassium	Helps add protective benefits against cancer, heart disease. Papain is used to treat indigestion, hay fever, chronic diarrhea, allergies and sports injuries.
Peaches and Nectarines	Good sources of Carotenes, Potassium, Flavonoids, Natural Sugars, Lycopene and Lutein	Helps prevent heart disease, macular degeneration and cancer.
Oranges / Tangerines	An excellent source of Vitamin C and Flavonoids. A good source of Fiber, Pectin, Carotenes, Potassium and B Vitamins	Can be especially beneficial for the immune system, lens of the eye, adrenal glands, connective tissues, the reproductive organs and in promoting overall good health.
Lemons	An excellent source of Vitamin C. They are also a good source of Vitamin B6, Folic Acid, Potassium, Limonene and Flavonoids	Contains anticancer properties and can be effective in dissolving gallstones.
Carrots	An excellent source of Fiber, Carotene, Vitamin K, and Biotin, also a good source of Vitamins B6, C, Potassium and Thiamine.	Helps protect against heart disease, cancer, macular degeneration and development of senile cataracts and also promotes good vision.
Sweet Potatoes	An excellent source of Carotenes, Vitamins B6 and C. A good source of Dietary Fiber.	A valuable food that can aid in boosting antioxidants in the body.
Orange Bell Peppers	Good source of Vitamin C, Thiamine, Vitamin B6, Beta Carotene, Folic Acid and Phytochemicals	Aids in protection against cataracts, prevent blood clot formation and reduce the risk of heart attack.

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PURPLE FRUITS AND VEGETABLES	NUTRIENTS	BENEFITS
Black Berries	Polyphenols, Anthocyanins, Manganese, Vitamin C and Fiber	Antioxidant-rich helps against lung inflammation, anti-thrombosis and CVD.
Blue Berries	Vitamins C, E, Anthocyanins, Phenolics	Powerful antioxidant that helps with anti-inflammatory and anti-aging properties.
Concord Grapes	Flavonoids, Anthocyanins, Phytochemicals and Fiber	Helps reduce the risk of blood clots, LDL cholesterol; helps maintain a healthy blood pressure.
Passion Fruit	A great source of Vitamins A and C and Fiber	Helps cleanse colon, improves digestion, and helps prevent heart attacks and strokes, reduces allergy and inflammation.
Eggplant	A very good source of Vitamins B1, B6, Niacin Potassium, Magnesium, Fiber Phosphorus, Folic Acid, Manganese	Has shown inhibitory effects on the growth of some cancers, effectiveness in lowering cholesterol.
Purple Sweet Potatoes	A good source of Anthocyanins, Fiber	Have the highest antioxidant activity among sweet potato varieties
Purple Onions	Phytochemicals, Phenols, Flavonoids, Selenium, Sulfides	Helps prevent tumor formation and cancer cell proliferation; also helps to lower the risk of major chronic diseases.
Prunes	Fiber, Sorbitol, Beta Carotene, Potassium	Helps maintain a healthy colon and slow the aging process, promote cardiovascular and bone health.
Plums	Potassium, Vitamin C, Neochlorogenic, Chlorogenic Acid	Helps prevent the growth of cancerous cells and tumors in the body, also helps protect against asthma, osteoarthritis, rheumatoid arthritis and macular degeneration.
Raisins	Phenols, Flavonoids, Boron, Fiber and Oleonic Acid	An antioxidant-rich fruit that helps provide protection against osteoporosis, and age-related macular degeneration, also promotes health.
Figs	Potassium, Calcium, Magnesium, Iron, Copper, Manganese and Fiber	An oxidant that has been known to act as a laxative, diuretic. Is digestible and a helps to cleanse blood, also helps regulate blood pressure.

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WHITE/TAN FRUITS AND VEGETABLES	NUTRIENTS	BENEFITS
Bananas	Potassium, Vitamin B, Fiber, Tryptophan, Iron	Helps maintain normal blood pressure and heart function, also promotes bone health, protects against stomach ulcers and ulcer damage as well as acts as mood enhancers.
White Peaches	Good sources of Carotenes, Potassium, Flavonoids, Natural Sugars, Lycopene and Lutein	Helps prevent heart disease, macular degeneration, and cancer.
Cauliflower	Glucosinolates and Thiocyanates, Allicin, Selenium, Folate, Fiber	Aids in improving heart health, helps reduce the risk of strokes and helps to maintain a healthy cholesterol level, also strengthens immune system.
Jicama	Flavonoids, Vitamin C	A powerful antioxidant and anti-inflammatory.
Mushrooms	Riboflavin, Niacin and Selenium	Helps stimulate the immune system, helps fight infection and demonstrates anti-tumor activity.
Onions	Thiosulfates, Sulfides, Sulfoxides and other Odoriferous Sulfur Compounds	Antimicrobial properties, may treat angina, coughs, bacterial infections, and breathing problems, also used for the treatment of poor appetite and to prevent atherosclerosis.
Garlic	Manganese, Vitamins B6 and C and Selenium, rich in Sulfur Compounds	Has an anti-viral, anti-bacterial and anti-fungal property. It is also a powerful antioxidant and can act as an immune booster with anti-inflammatory properties.
Parsnips	Vitamin C, Fiber, Folic Acid, Pantothenic Acid, Copper, Manganese, Niacin, Thiamine, Riboflavin, Magnesium, Potassium, Folic Acid, Vitamin B6 and Vitamin E	Helps lower cholesterol and helps combat heart disease, dementia and osteoporosis, plus diuretic and antioxidant properties.
Turnips	Vitamin C, Fiber, Folic Acid, Manganese, Pantothenic Acid and Copper, Thiamine, Potassium, Niacin and Magnesium, Vitamins B6 and E, Folic Acid and Riboflavin	Helps maintain a good immune function, also helps prevent cardiovascular disease, asthma symptoms, all forms of cancer, skin problems and eye disorders
White Potatoes	Fiber, Potassium and Vitamin C and Phytochemicals	Helps lower serum cholesterol, reduces oxidative stress and lessen certain degenerative diseases.
White Corn	Fiber, Folic Acid, Vitamin C, Thiamin, Niacin, Magnesium, and Phosphorus	Helps prevent neural-tube birth defects and heart disease, also low glycemic.