

Journey to Wellness — A free self-guided healthy living program

Eat smarter: Eat the rainbow challenge

Fruits and vegetables have many health benefits. They can improve your vision and immune system, and they can decrease inflammation and your risk of chronic disease.

This month, try to eat at least two fruits and vegetables from each color category in the chart below. In addition to eating a variety of colors, try fruits and vegetables that are new to you or your family.

Color	Nutrients and benefits	Try	Complete
Red	Lycopene improves heart health, decreases prostate and breast cancer risk, contributes to stroke prevention and increases brain function.	Tomatoes, beets, radishes, cherries, strawberries, red onions and red peppers.	
Orange and yellow	Carotenoids reduce the risk of heart disease and inflammation, strengthen the immune system, build healthy skin and improve vision.	Carrots, winter squash, apricots, yellow peppers, sweet potatoes, bananas, pineapple, mangoes, pumpkins, peaches and oranges.	
Green	Indoles and isothiocyanates may help prevent cancer and are typically high in vitamin K, potassium, fiber, folic acid and antioxidants.	Spinach, arugula, broccoli, Brussels sprouts, avocado, kiwi, green tea, asparagus, fresh green herbs, kale and artichokes.	
Blue and purple	Anthocyanins and antioxidants help lower blood pressure and reduce the risk of stroke and heart disease and are associated with improved brain health and memory.	Blueberries, blackberries, eggplant, figs, purple cabbage, concord grapes and plums.	
White and brown	Flavonoids and allicin can reduce cholesterol and blood pressure, improve bone strength, and decrease risk of stomach cancer.	Onions, mushrooms, cauliflower, garlic and leeks.	

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