

**Taste of Home Healthy Cooking**  
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# color it healthy!

*For complete nutrition, fill your plate with colorful fruits and veggies*

With vibrant hues on every tree, stem and vine, you could say that fruits and vegetables come in "pretty packaging." But those colors aren't just for making meals look attractive. In fact, fruits and veggies are literally "color coded" for health! To get the most out of each food, paint your plate with a bright variety of oranges and yellows, purples, blues and more. Read on for tips and recipes featuring healthy, colorful ingredients. And be sure to visit [tasteofhome.com/healthycooking](http://tasteofhome.com/healthycooking) for even more, subscriber-only recipes!



## red 40-41

When you think of red fruits and veggies, think heart health. Red foods are good for vision, the immune system and more! To experience the benefits daily, snack on red grapes or add cranberries to muffins and pancakes.

- EXAMPLES:**  
 Cherries  
 Watermelon  
 Pink Grapefruit  
 Red Peppers  
 Tomatoes

## green 42-44

Green is great when it comes to your vision, and dark leafy greens such as spinach and kale are rich in all-important vitamins and minerals. When eating a salad, choose a variety of lettuces. Each one has good-for-you qualities.

- EXAMPLES:**  
 Limes  
 Avocado  
 Asparagus  
 Broccoli  
 Green Beans

## orange 45-47

These foods focus their healthy nutrients on helping vision, the immune system and the heart. Keep baby carrots on hand for snacks, and the next time you want a baked potato, opt for a baked sweet potato instead.

- EXAMPLES:**  
 Apricots  
 Cantaloupe  
 Peaches  
 Pineapple  
 Carrots

## purple 48-49

Purple foods may reduce the risk of cancer, have anti-aging effects and help with memory. Adding extra blue and purple foods to your diet can be so simple. Just toss some blueberries in yogurt or some raisins into cereal.

- EXAMPLES:**  
 Blackberries  
 Plums  
 Blueberries  
 Raisins  
 Eggplant

## white 50-52

Even fruits and veggies with little color may promote heart health and reduce cancer risks. Keep sliced mushrooms in the fridge as a simple topper for salads.

- Bananas**  
**Cauliflower**  
**Jicama**  
**Mushrooms**  
**Onions**