

EAT BY THE COLORS – ANTIOXIDANTS IN FOOD

Remember when your grandmother told you to eat certain foods because they were good for you?

Well – grandma was right – some foods do give extra benefits, over and above all the good nutrition they already have.

That’s because there is something called “antioxidants” in certain foods that have special benefits that can help us as we get older. These food items help in many ways. Different colored vegetables and fruits have many different benefits.

[THE EASY WAY TO GET THESE BENEFITS IS TO EAT BY THE COLORS](#)

PURPLE: fruits and vegetables that are purple help with

- slowing down the aging process,
- slowing down memory loss,
- lowering risk of some cancers,
- preventing urinary tract infection.

Good sources of purple foods are: blackberries, blueberries, plums, raisins, eggplant, purple cabbage, purple potatoes.



GREEN: fruits and vegetables that are green and dark green in color help with

- preventing macular degeneration – a problem in the eyes that reduces your ability to see and other vision loss,
- lowering risk of some types of cancers due to the beta carotene in green vegetables.

Good sources of green and dark green vegetables are: apples, grapes, avocado, honeydew melon, kiwi, lime, asparagus, broccoli, green beans, green peppers, leafy greens like spinach.

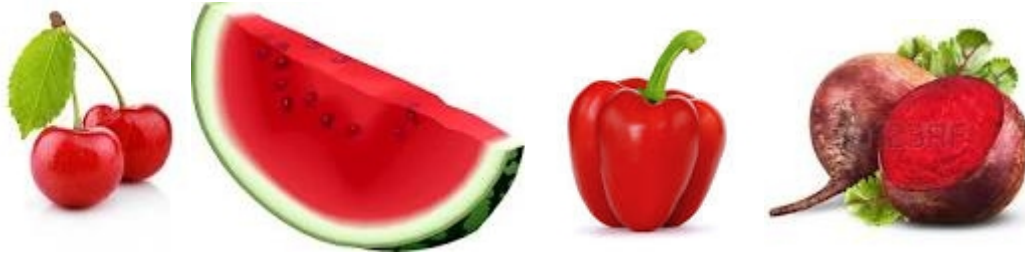


RED: fruits and vegetables that are red in color help with

- improving vision – keeping your eyes healthy,
- improving your heart health,
- helping to prevent infection by increasing your immunity, less illness,

- lowering risk of some types of cancers.

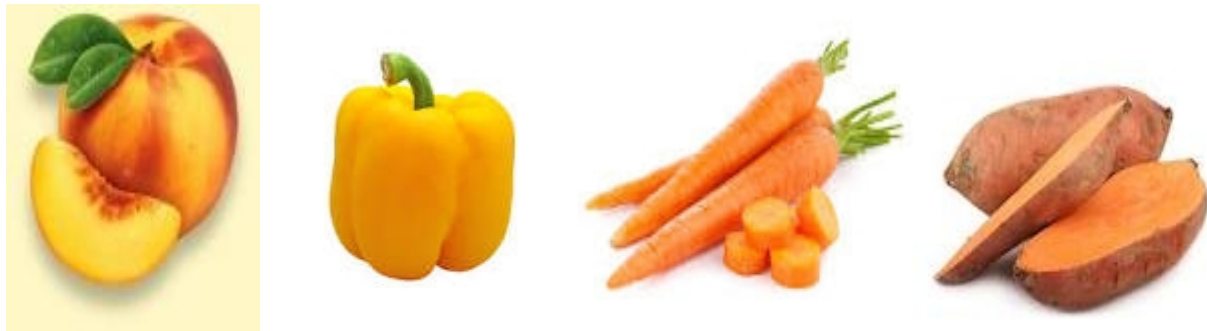
Good sources of red vegetables are: cherries, cranberries, red grapes, watermelon, beets, red onions, red peppers, red potatoes, rhubarb, tomatoes.



ORANGE, DEEP YELLOW: fruits and vegetables that are orange or deep yellow help with

- improved immunity – your ability to fight infections,
- lowering risk of some types of cancers,

Good sources of orange and deep yellow fruits and vegetables are: apricots, cantaloupe, mango, peach, pineapple, carrots, yellow peppers, corn and yams.



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