If you’re looking for a healthy variety of fruits and vegetables, think color! Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, potassium, vitamins A and C, antioxidants and so much more!

**Fiber** Health Benefits: diets rich in fiber show a number of benefits, including decreased risk of coronary artery disease. **Add more fiber to your diet with:** raspberries, apples, strawberries, oranges, and figs. artichokes, peas, broccoli, sweet corn, and baked potatoes.

**Potassium** Health Benefits: may help to maintain healthy blood pressure. **Add more potassium to your diet with:** avocados, squash, pumpkin, apricots, and bananas.

**Vitamin A** Health Benefits: keeps eyes and skin healthy and helps to protect against infections. **Add more vitamin A to your diet with:** apricots, cantaloupe, dark leafy greens, red peppers, carrots, sweet potatoes, and butternut squash.

**Vitamin C** Health Benefits: helps heal wounds and keeps gum and teeth healthy. **Add more vitamin C to your diet with:** kiwi, strawberries, papayas, oranges, guavas, tangerines, bell peppers, hot chili peppers, broccoli, and dark leafy greens.

**Antioxidants** Health Benefits: helps prevent all types of disease. Antioxidants help neutralize harmful free radicals which can damage cells. **Add more antioxidants to your diet with:** blueberries, prunes, dates, lemons, brussel sprouts, spinach, artichoke, parsley, and red beets.

**General guidelines for fruit and vegetable consumption:**

**Men:** 65+ years who participate in 30 minutes or less of physical activity a day, should consume 2.5 cups of vegetables and 2 cups of fruits of all different colors. **Women:** 65+ years who participate in 30 minutes of less of physical activity a day, should consume 2 cups of vegetables and 1.5 cups of fruits of all different colors.

To find recommendations according to age, gender and activity level you can visit: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

There are general recommendations and may not be appropriate for everyone. Please consult with your healthcare provider regarding your individual needs.