



Blues | Purples

Blueberries, blackberries, grapes and plums contain antioxidants and healthy substances called flavonoids. These may help prevent or reduce the risk of diseases including cancer, heart disease and Alzheimer’s.

Information provided by the
Alabama Department of Public Health.

*Blue Cross and Blue Shield of Alabama
cares about your health and wellness.*

*This is an informational series
designed to provide you with specific ideas
for a healthy and safe lifestyle.*

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Better Health with Fruits & Vegetables

Give your diet a bright and bold
boost with fruits and vegetables of
every color in the rainbow.



*my*BlueWellness

*A wellness program for you
from Blue Cross and Blue Shield of Alabama*

Deep, rich colors mean a fruit or vegetable is a storehouse of vitamins, minerals and substances called phytochemicals, which are known to improve health and prevent disease.

Greens

Green vegetables like broccoli, spinach, cabbage, collard, turnip and mustard greens contain antioxidants. Antioxidants fight poisons in our bodies that may lead to heart disease, aging and cancer. In these vegetables, lutein and zeaxanthin are two antioxidants that also protect your eyes by keeping your retina strong.

Reds

When you add deep reds or bright pinks to your daily diet, you are also adding a powerful antioxidant called lycopene. It is in tomatoes, pink grapefruit, watermelon and strawberries. A diet rich in lycopene is suggested to reduce the risk of some cancers, including prostate cancer.

Oranges

The bright color found in sweet potatoes, carrots, winter squash, oranges and apricots means they are rich in carotenoids that work as antioxidants and boost the immune system.



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Yellows

Yellow fruits and vegetables have some of the same benefits of their orange counterparts. Some are also rich in vitamin C, another antioxidant. Corn and pears are also high in fiber. Dietary fiber in fruits, vegetables and whole grains helps lower blood cholesterol and reduces the risk of certain cancers.

Continued on back.