

# Get Healthy America

*September 2003*

September is National 5-A-Day Month and the message is clear—vegetables and fruits are good for you! Getting enough of these “good for you” foods is easy—think of it as a color by number game. You need three to five vegetables and two to four fruits every day and try to hit at least three of the five different color groups.

## **Blue/Purple**

Provides health promoting phytochemicals such as anthocyanins and phenolics

### *What Is It Good For?*

Lowers risk of some cancers, Urinary tract health, Memory function, Healthy aging

### *Where Can I Get It?*

Blueberries, Plums (fresh or dried), Purple Grapes, Raisins, Purple Cabbage

## **Green**

Provides lutein and indoles

### *What Is It Good For?*

Vision health, Lowers risk of some cancers, Strong bones and teeth

### *Where Can I Get It?*

Green Apples & Grapes, Kiwi, Asparagus, Broccoli, Brussels Sprouts, Green Beans & Peas, Cucumbers, Zucchini

## **White/Tan/Brown**

Provides allicin

### *What Is It Good For?*

Heart health, Lowers risk of some cancers

### *Where Can I Get It?*

Garlic & Onions, Bananas, Cauliflower, Ginger, Mushrooms, White Corn & Potatoes

## **Yellow/Orange**

Provides antioxidants like vitamin C plus carotenoids and bioflavonoids

*What Is It Good For?*

Lowers risk of some cancers, Healthy heart, Vision health, Healthy immune system

*Where Can I Get It?*

Yellow Apples, Oranges, Lemons & Grapefruit, Cantaloupe, Mangoes, Papayas, Peaches, Carrots, Sweet Potatoes & Pumpkin, Sweetcorn

**Red**

Provides phytochemicals like lycopene and anthocyanins

*What Is It Good For?*

Healthy heart, Memory function, Lowers risk of some cancers, Urinary tract health

*Where Can I Get It?*

Red Apples & Grapes, Tomatoes, Cherries, Pink/Red Grapefruit, Strawberries, Red Onion, Watermelon

Remember, fruits and vegetables aren't just good for you, they taste great too. They're loaded with important nutrients (like vitamins, minerals, fiber and phytochemicals) and they're low in calories with virtually zero fat and no cholesterol. So, what are you waiting for? Celebrate National 5-A-Day month and get healthy America!

Need a little help getting started? Stop by and visit Kate Cerulli, the University Dietitian. Call 410-548-9112 to make an appointment. Or check out these Web sites:

**Produce for Better Health Foundation**

[www.5aday.org](http://www.5aday.org)

**The National Cancer Institute**

[www.5aday.gov](http://www.5aday.gov)