

Eating Vegetables & Fruits in a Rainbow of Colors!



RED	GREEN	ORANGE/YELLOW	PURPLE/BLUE	WHITE/TAN
Tomatoes Grapefruit Watermelon Red apples Chilis	Spinach Brussels sprouts Collard greens Honeydew melon Mustard greens Kale Peas Avocado Broccoli Cabbage Bok choy	Oranges Carrots Cantaloupes Mangos Apricots Pumpkin Papayas Winter squash Sweet potatoes Pineapple Tangerines Peaches Nectarines	Beets Eggplant Purple grapes Prunes Plums Cranberries Strawberries Blueberries Blackberries	Garlic Leeks Scallions Onions Celery Pears Endive Chives Cauliflower Potatoes
Contain lycopene, which can protect against certain cancers.	Reduce risk of cataracts and other eye problems, offer cancer protection.	Protect against cancer, aid in night vision, may help prevent heart disease.	Protect against heart disease, aid in optimal brain function, may slow cell aging in the body.	Onion family have anti-tumor properties, rich sources of many antioxidants.

Source: www.care2.com



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer.