



## Fact Sheet

### Please pass the rainbow

Imagine each color of the rainbow has its own flavor, its own texture, and a different mixture of vitamins and minerals. Each bite delicious and distinct from the other colors. You can have the whimsical variety of eating a rainbow when you choose a diet rich in colorful fruits and vegetables.

Naturally colored fruits and vegetables contain fiber, vitamins, minerals, and phytochemicals – powerful nutrients that help fight disease.

- Red foods contain flavonoids, lycopene, vitamin C, and folate that support heart health and improve memory.
- Orange foods are a great source of Vitamin C and support eye health.
- Yellow foods are good for the skin and help the digestive system.
- Green foods contain chlorophyll, vitamin K, and other nutrients that build healthy bones and teeth and strengthen the immune system.
- Blue and purple foods benefit the brain. They improve memory and help fight certain cancers.
- White foods contain flavonoids that support heart health and healthy cholesterol levels.

Urge each family member to take bites of the rainbow by serving different colors of fruits and vegetables. Your bodies will gain healthy benefits from colorful meals throughout the week.

Replace fatty or starchy foods with colorful fresh fruits and vegetables to build healthier lifelong eating habits and reduce the risk of obesity.

The Phelps/Maries County Health Department – caring for your family, caring for our community, caring for YOU!



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