



ACTION STEPS FOR HEALTH & HAPPINESS

Choose fruits & vegetables from a rainbow of colors



Antioxidants in fruits and vegetables:

- **Lutein (green):** May help lower the risk for cataracts and age-related macular degeneration. Indoles may help lower the risk for some cancers.
- **Carotenoids (orange & yellow):** May help reduce risk of cancer, heart disease, and age-related macular degeneration.
- **Lycopene (red):** May help lower the risk for heart disease and some cancers, such as prostate cancer.
- **Anthocyanins (purple & blue):** May help reduce risk of cancer, stroke, and heart disease.



Dos

- Fill half your plate with fruits and vegetables. Eat them for snacks.
- Make fruit your everyday dessert.
- Keep a bowl of fresh fruit on the table. Add cut-up vegetables and fruits to salads.

Don'ts

- Don't resist trying new vegetables.
- Don't have cake, pie, or cookies after most meals.