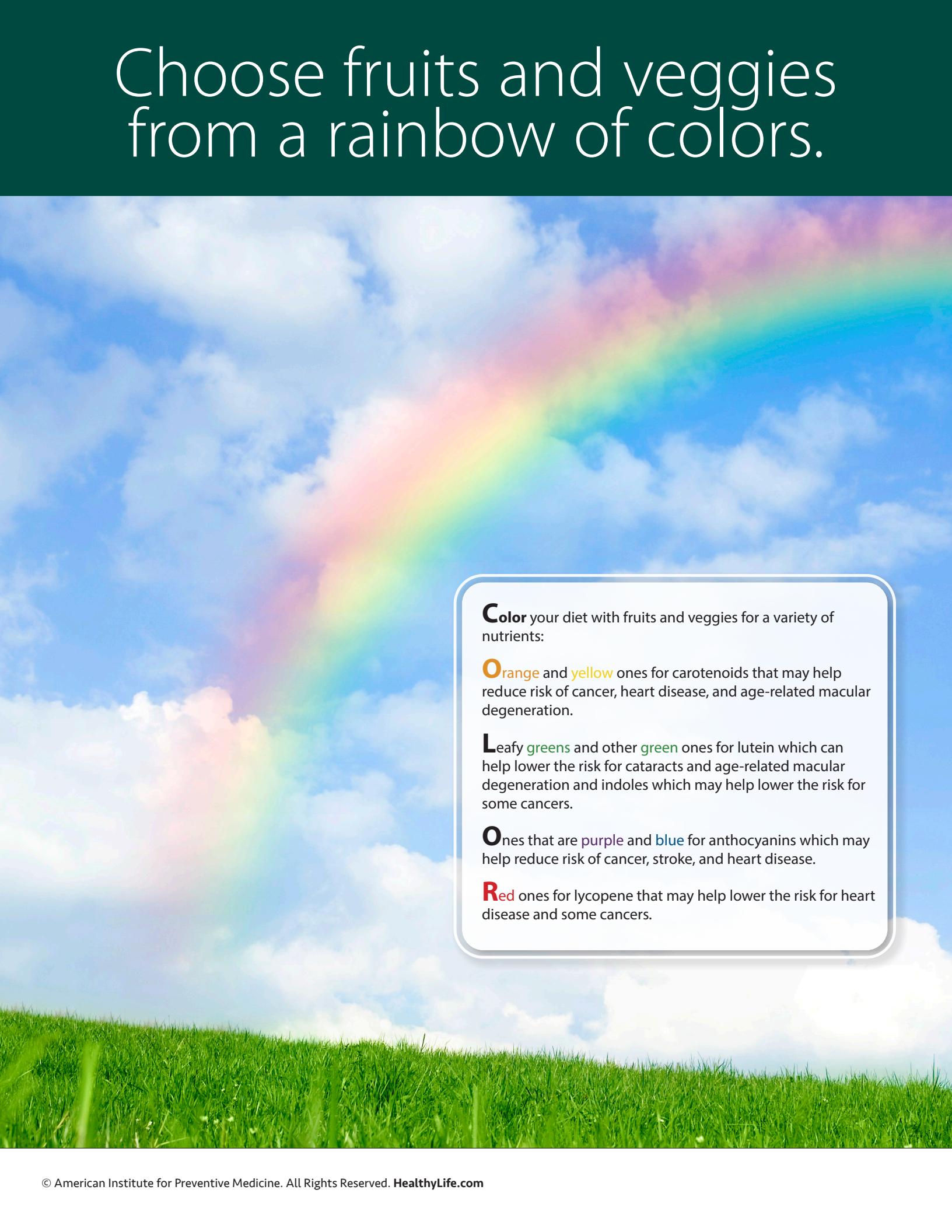# Choose fruits and veggies from a rainbow of colors.

**C**olor your diet with fruits and veggies for a variety of nutrients:

**O**range and yellow ones for carotenoids that may help reduce risk of cancer, heart disease, and age-related macular degeneration.

**L**eafy greens and other green ones for lutein which can help lower the risk for cataracts and age-related macular degeneration and indoles which may help lower the risk for some cancers.

**O**nes that are purple and blue for anthocyanins which may help reduce risk of cancer, stroke, and heart disease.

**R**ed ones for lycopene that may help lower the risk for heart disease and some cancers.