

# The Colors of Health

**A balanced diet with lots of colorful fruits and vegetables is healthy for your body and mind. These food items are a part of the **GO** category, which provide you with the best choices daily.**



## GREEN FRUITS AND VEGETABLES

- Okra helps to support strong bones and are high in vitamin K and calcium
- Eat limes to improve your skin complexion
- Soursops help keep the heart healthy
- Avocados are good for skin, hair, eyes, nails and lowering cholesterol levels



## ORANGE FRUITS AND VEGETABLES

- Pumpkin promotes healthy growth and are high in vitamin E
- Papayas may reduce cancer risks
- Mangos are high in vitamin A and help protect night vision



## YELLOW FRUITS AND VEGETABLES

- Bananas help to maintain a healthy digestive system
- Pineapples are great for helping your body fight off disease



## PURPLE FRUITS AND VEGETABLES

- Passion fruits help boost your immune system
- Plums eaten with their skin on are high in fiber to keep your body regular
- Plums have cancer-fighting properties



## RED/PINK FRUITS AND VEGETABLES

- Guavas are great for brain function
- Red bell peppers reduce risk for cancer and heart disease and are very high in vitamin C for immune support
- Pomegranates may prevent inflammation throughout the body

*Eat every color, your body will thank you!*



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