

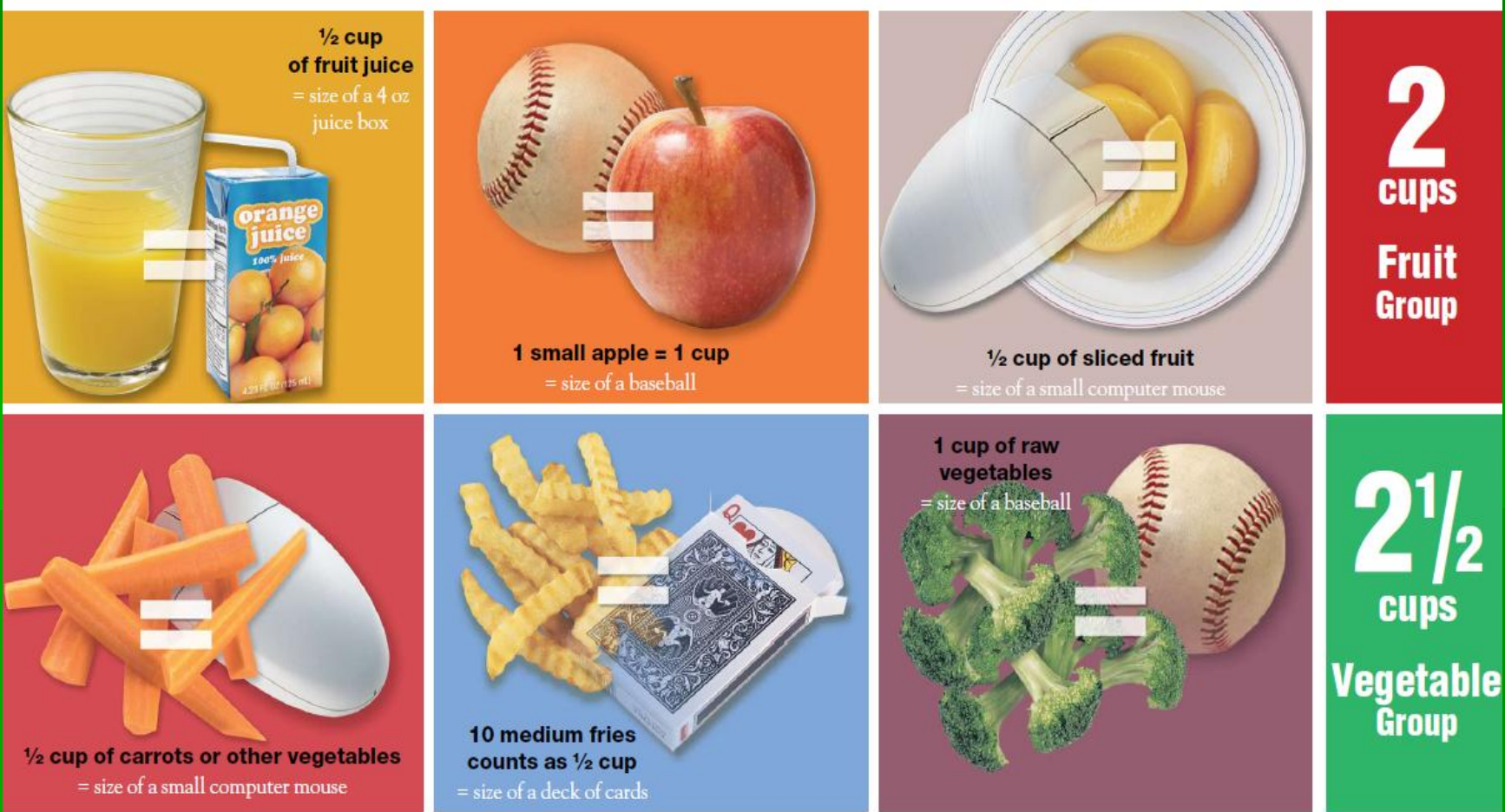
Fruits and Vegetables Group



Fruits and Vegetables



How Much Do We Need Each Day?



Why Do We Need To Eat Fruits and Vegetables?

NUTRIENTS!

- Calcium: Healthy bones and teeth.
- Fiber: Helps reduce the risk of heart disease.
- Iron: Healthy blood and normal functioning of all cells.
- Magnesium: Healthy bones and reduces muscle cramps and high blood pressure.

Why Do We Need To Eat Fruits and Vegetables?

- Vitamin A: Keeps eyes and skin healthy and helps protect against infections.
- Vitamin C: Helps heal cuts and wounds and keeps teeth and gums healthy.
- Potassium: Helps to maintain a healthy blood pressure.

Nutrition Color Wheel

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Nutrition Color Wheel

- Blue/Purple: phytochemicals: anthocyanins and phenolics. Nutrients help lower the risk of some cancers and are good for urinary tract health, memory function.
- Examples: FRUIT
blackberries, blueberries, grapes, plums, raisins, purple cabbage and eggplant.
- Examples: Vegetables
- Purple asparagus, Purple cabbage, Eggplant, Purple Belgian endive, Purple peppers, Purple-fleshed potatoes

Nutrition Color Wheel

- Green lutein and indoles: promote strong bones and teeth, vision health and may lower the risk of some types of cancer.
- Fruits
Avocados, Green apples, Green grapes, Honeydew, Kiwifruit, Limes, Green pears
- Vegetables
Artichokes, Arugula, Asparagus, Broccoli, Broccoli rabe, Brussels sprouts, Chinese cabbage, Green beans, Green cabbage, Celery, Chayote squash, Cucumbers, Endive, Leafy greens, Leeks, Lettuce, Green onions, Okra, Peas, Green peppers, Snow peas, Sugar snap peas, Spinach, Watercress, Zucchini

Nutrition Color Wheel

- White (includes tan and brown fruits and vegetables): phytochemical allicin: It promotes heart health, a lower risk of some cancers, helps boost T cells.
- Fruits
Bananas, Brown pears, Dates, White nectarines, White peaches
- Vegetables
Cauliflower, Garlic, Ginger, Jerusalem artichokes, Jicama, Kohlrabi, Mushrooms, Onions, Parsnips, White-fleshed potatoes, Shallots, Turnips, White corn

Nutrition Color Wheel

- Yellow/Orange: (vitamin C and the phytonutrients carotenoids and bioflavonoids). Heart and vision health, a healthy immune system and a lower risk of some cancers.
- Fruits
Yellow apples, Apricots, Cantaloupe, Cape gooseberries, Yellow figs, Grapefruit, Golden kiwifruit, Lemons, Mangoes, Nectarines, Oranges, Papayas, Peaches, Yellow pears, Persimmons, Pineapples, Tangerines, Yellow watermelon
- Vegetables
Yellow beets, Butternut squash, Carrots, Yellow peppers, Yellow potatoes, Pumpkin, Rutabagas, Yellow summer squash, Sweet corn, Sweet potatoes, Yellow tomatoes, Yellow winter squash

Nutrition Color Wheel

- Red: (phytonutrients lycopene and anthocyanins).
Healthy heart, memory function and a lower risk of some cancers.
- *Fruits*:
Red apples, Blood oranges, Cherries, Cranberries, Red grapes, Pink/Red grapefruit, Red pears, Pomegranates, Raspberries, Strawberries, Watermelon
- *Vegetables*:
Beets, Red peppers, Radishes, Radicchio, Red onions, Red potatoes, Rhubarb, Tomatoes

Reference

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