What color is your plate?

Every color gives your body an extra boost of good health. An easy way to eat well is to focus on your color choices. Try adding to your plate: red, orange, yellow, green – and be your best you!

RED
- Apples
- Red cabbage
- Red onion
- Red peppers
- Strawberries
- Tomatoes
- Cherries
- Watermelon

Supports heart health

ORANGE/YELLOW
- Cantaloupe
- Carrots
- Butternut squash
- Lemons
- Mango
- Oranges
- Papaya
- Peaches
- Pineapples
- Pumpkin
- Sweet potatoes
- Yellow peppers

Supports immune health

PURPLE/BLUE
- Dark beans
- Eggplant
- Beets
- Blueberries
- Blackberries
- Figs

Supports brain health

GREEN
- Asparagus
- Bok choy
- Broccoli
- Cabbage
- Collards
- Cucumbers
- Grapes
- Green beans
- Green peppers
- Honeydew
- Kale
- Peas
- Spinach

Supports digestive health

WHITE
- Garlic
- Cauliflower
- Jicama
- Onions
- Potatoes
- Bananas
- Parsnips
- Mushrooms

Supports disease protector

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