



## Indulge In Hues

Some grapes are purple some grapes are green. Blueberries are blue, bananas are yellow, apples can be red and green, and oranges are, well, orange. Fruit and vegetables contain pigments that give them vibrant colors. The colors of fruits and vegetables are often related to specific micronutrients, more specifically, phytonutrients are found in them. A phytonutrient is a type of nutrient that is found in fruits and vegetables that are shown to be beneficial to human health and help prevent disease.



Tomato, red bell pepper, watermelon, apples, cherries, and raspberries are anti-inflammatory and boost the immune system.



Oranges, carrots, sweet potato, and peaches are high in beta-carotene which help support the eyes and skin.



Bananas and pineapple contain lots of fiber which support gut health, promotes digestion, and reduces bloating.



Dark green and leafy vegetables are high in vitamin K and folate which support heart health.



Grapes, blueberries, plums, eggplant, and purple cabbage can benefit cognitive health which supports a better memory and boosts your mood.

