

**YELLOW & ORANGE** fruits contain varying amounts of antioxidants such as vitamin C as well as carotenoids and bioflavonoids, two classes of phytochemicals that scientists are studying for their health-promoting potential. Including **YELLOW/ORANGE** fruits in your diet helps maintain:

- A healthy heart
- Vision health
- A healthy immune system
- A lower risk of some cancers\*

The **YELLOW/ORANGE** fruit category includes:

- yellow apples
- lemon
- yellow pears
- apricots
- mangoes
- persimmons
- cantaloupe
- nectarines
- pineapples
- yellow figs
- oranges
- tangerines
- grapefruit
- papayas
- golden kiwifruit
- peaches
- Cape gooseberries
- yellow watermelon



**RED** fruits include the phytochemicals lycopene and anthocyanins, which are being studied to help maintain:

- A healthy heart
- Memory function
- A lower risk of some cancers\*
- Urinary Tract health

**THE RED FRUIT CATEGORY INCLUDES:**

- red apples
- red grapes
- raspberries
- blood oranges
- red pears
- strawberries
- cherries
- pomegranates
- watermelon
- cranberries
- pink/red grapefruit



\* Low-fat diets rich in fruits and vegetables and low in saturated fat and cholesterol may reduce the risk of some types of cancer, a disease associated with many factors.

**For more information contact:**

- The Produce for Better Health Foundation: [www.pbhfoundation.org](http://www.pbhfoundation.org)
- Five-A-Day [www.5aday.com](http://www.5aday.com)
- U.S. Department of Agriculture [www.mypyramid.gov](http://www.mypyramid.gov)

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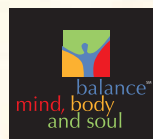
### OUR MISSION WITH STOP HUNGER Stop Hunger Where It Starts

Since 1999, the Sodexo Foundation has been committed to being a driving and creative force that contributes to a hunger-free nation.

In order to eliminate hunger that affects 35 million people in the U.S., we must fight its root causes. The Sodexo Foundation supports innovative programs to help children and families who are battling problems like poverty, unemployment, lack of education, and food insecurity.

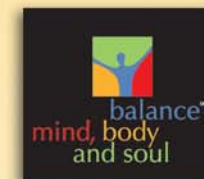
From nutrition programs for children, to job training for adults, the Foundation supports hunger-related initiatives on the local, state, and national levels.

[www.helpstophunger.org](http://www.helpstophunger.org)

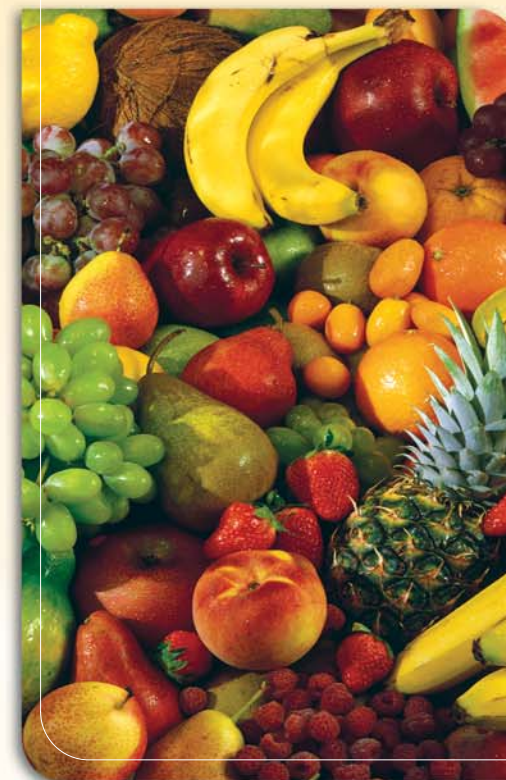


**Balance Mind Body Soul**<sup>sm</sup> is a holistic or integrated approach to wellness and fitness that considers the whole person. Fitness and wellness are a balance of lifestyle choices and events—physical, mental, and environmental. Wellness is unique to each individual. Knowledge is key. It may be easier than you thought. Experiencing new things—a sport you haven't done before, a food you haven't tried, a new idea you never thought about, or a creative way of approaching a problem like stress—may also help you to balance and define your wellness goals.

[www.balancemindbodysoul.com](http://www.balancemindbodysoul.com)



*So Many FRUITS,  
So Little TIME*



balance  
mind, body  
and soul



10% Total Recovered Fiber/All Post-Consumer Fiber



## So Many Fruits, So Little Time



(Fruit: derived from the Latin word "fru", to enjoy)

### Nature's Dessert

Fruits are sweet, have pleasing textures and come in many shapes and colors. They are excellent sources of vitamins A and C, many minerals, hundreds of phytochemicals, fiber, naturally occurring sugars, and water. Most fruits are fat-free. Two exceptions are avocados and olives which contain healthy, monounsaturated fats.

## Nutritious & Delicious

The 2005 Dietary Guidelines for Americans recommend eating at least 2 cups of fruit a day and according to research conducted by The Centers for Disease Control, 75% of Americans are not eating enough.



### HERE ARE SOME EASY WAYS TO WORK MORE FRUIT INTO YOUR MEALS:

- Use fruit juice in salad dressings and marinades
- Add raisins, dried cranberries, apples, pears or pineapple to chicken or tuna salad
- Include mandarin oranges, pears, dried cranberries, blueberries or strawberries with salad greens
- Enjoy fruit sorbet instead of ice cream for dessert
- Combine fresh or frozen fruit with plain yogurt, a splash of fruit juice and vanilla for a delicious smoothie
- Keep individual packages of dried fruit in your desk for a healthy snack

## Excellent Sources of Fiber

Fiber, found only in plant foods, is a complex carbohydrate that cannot be digested or absorbed by the body. Insoluble fiber moves waste through our digestive tract decreasing the time harmful substances remain in our intestines. Soluble fiber binds with cholesterol and helps remove it from our body. The American Dietetic Association says healthy adults should consume 20-35 grams of fiber each day. Fruit is one sweet way to meet those recommendations.



## Have You Captured Any Free Radicals Lately?

Fruits are full of antioxidants. According to the American Institute of Cancer Research, antioxidants neutralize the harmful effects of "free radicals" - toxic molecules created as part of normal cell function. Free radicals may contribute to cancer and cardiovascular disease.

## Phyte Disease with Colorful Fruit

Phytochemicals, the compounds that give plants their brilliant colors and distinctive aromas, appear to promote health and reduce the risk of heart disease and some cancers. Fruit is an excellent source of phytochemicals. While no single food or substance can protect against disease, the right combination might. Research suggests these functional benefits come from eating food, not from taking supplements.

The Produce for Better Health Foundation introduced a National Action Plan to Promote Health through Increased Fruit and Vegetable Consumption and suggests one way to increase well-being is to choose a variety of fruits (and vegetables) from each of the five color groups - red, yellow/ orange, white, blue/purple, and green every day.

**BLUE/PURPLE** fruits contain anthocyanins and phenolics, currently being studied for their anti-oxidant and antiaging benefits. Include **BLUE/PURPLE** fruits in your diet to help:

- A lower risk of some cancers\*
- Memory function
- Urinary tract health
- Healthy aging

### THE BLUE/PURPLE FRUIT CATEGORY INCLUDES:

- blackberries
- purple figs
- blueberries
- purple grapes
- black currants
- plums
- dried plums
- raisins
- elderberries



**GREEN** fruits contain varying amounts of phytochemicals such as lutein and indoles, which interest researchers because of their potential antioxidant, health-promoting benefits.

- A lower risk of some cancers\*
- Vision health
- Strong bones and teeth

### THE GREEN FRUIT CATEGORY INCLUDES:

- avocados
- green apples
- green grapes
- honeydew
- kiwifruit
- limes
- green pears



**WHITE, TAN, & BROWN** fruits contain varying amounts of the phytochemical alliin, found in the garlic and onion family. The mineral selenium, found in mushrooms, is also the subject of research. Including white fruits in your low-fat diet helps maintain: • Heart health • A lower risk of some cancers\* • Cholesterol levels that are already healthy

### THE WHITE/TAN/BROWN FRUIT CATEGORY INCLUDES:

- bananas
- brown pears
- dates
- white nectarines
- white peaches

