



# Be An Artist!

## Paint Your Plate to 5-A-Day



### RED

Red fruits and vegetables are rich in the phytochemicals lycopene and anthocyanins. This group helps maintain memory function and urinary tract health.

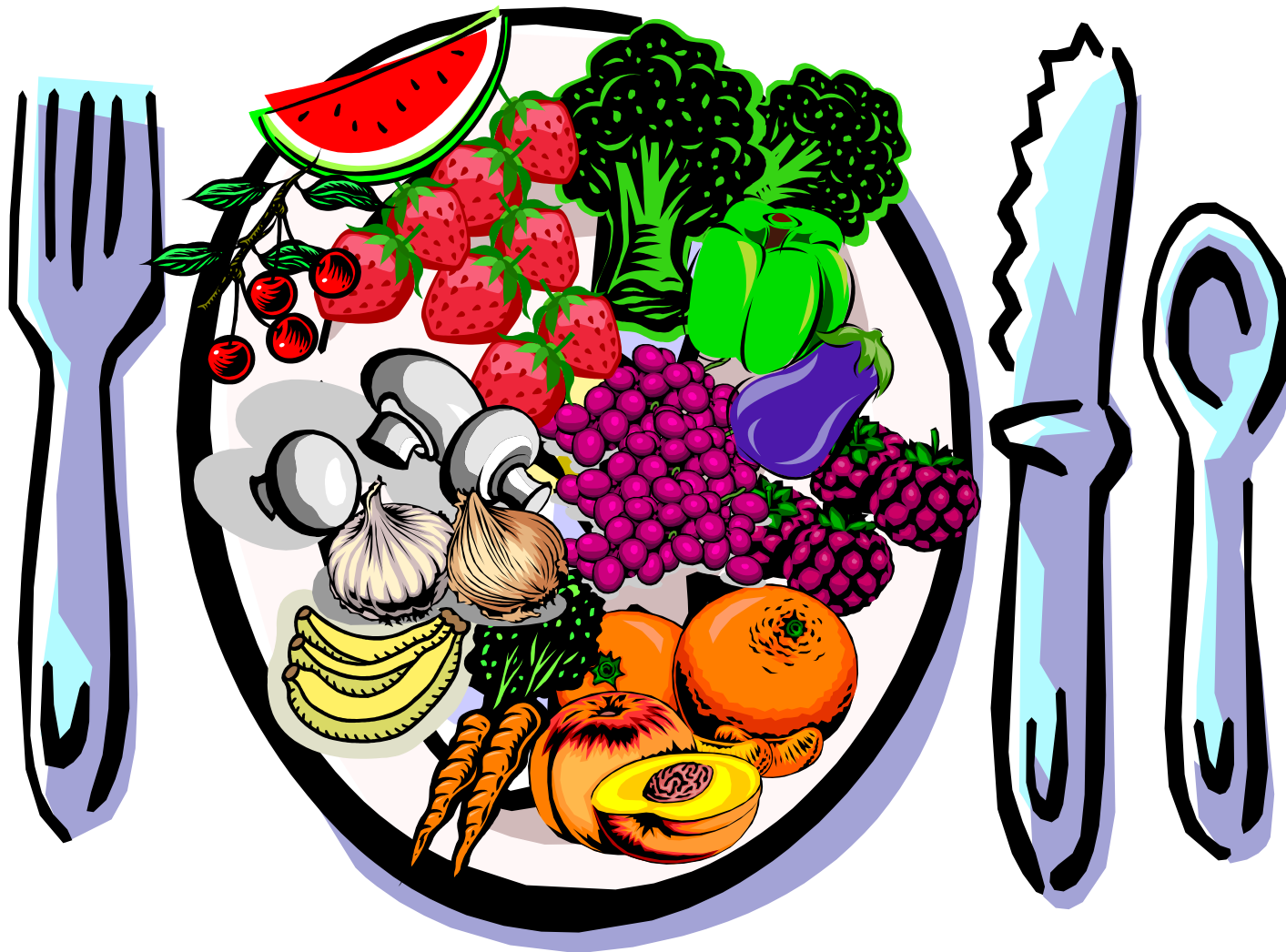
Eating 5-9 servings of fruits and vegetables each day is an important part of a healthy eating plan. An easy way to do this is by eating as many different colors as you can. Aim for 5 servings of colorful fruits and vegetables each day.

### White/Tan

Fruits and vegetables that are white/tan in color have the phytochemical allicin in them. This group helps maintain cholesterol levels that are already healthy.

### Yellow/Orange

Fruits and vegetables that are yellow/orange in color contain the phytochemicals carotenoids and bioflavonoids. This group helps maintain vision health and a healthy immune system.



### Green

Green fruits and vegetables contain the phytochemicals lutein and indoles. This group helps maintain strong bones and teeth and vision health.

### Blue/Purple

Fruits and vegetables that fall into this group contain the phytochemicals anthocyanins and phenolics. This group helps maintain healthy aging and memory function.



**Volunteers of America**  
Colorado Branch

Placemat designed by Leighanna Konetski, RD, Community Nutritionist. Information for this placemat was adapted from 5 A Day The Color Way™. For additional information please contact the Volunteers of America Nutrition Division at 303-297-0408.

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