# 5 a Day - the Color Way

Seek and find the colorful fruits and vegetables listed below.

Boost the level of **BLUE**/**PURPLE** in your low-fat diet to help maintain a low risk of some cancers, urinary tract health, memory function and healthy aging.

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| Blueberries | Elderberries | Plum |
| Raisins | Purple Cabbage | Eggplant |

Add **GREEN** to your low-fat diet to maintain a lower risk of some cancers, vision health, and strong bones and teeth.

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| Honeydew | Limes | Asparagus |
| Broccoli | Cucumbers | Peas |

Working **WHITE** into your low-fat diet helps heart health, cholesterol levels that are already healthy, and provides a lower risk of some cancers.

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| Bananas | Dates | Cauliflower |
| Onions | Turnips | White Corn |

Make **YELLOW**/**ORANGE** a part of your low-fat diet to help maintain heart health, vision health, a healthy immune system, and a lower risk of some cancers.

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| Cantaloupe | Lemon | Mangoes |
| Carrots | Pumpkin | Yellow Summer Squash |

Be sure to include **RED** in your low-fat diet to maintain heart health, memory function, a lower risk of some cancers, and urinary tract health.

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| Red Apples | Cranberries | Watermelon |
| Beets | Red Peppers | Tomatoes |

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