



All colorful fruits and vegetables may reduce the risk of cancer and heart disease, and keep you healthy.

## Red

May reduce the risk of cancer, heart disease, and complications from diabetes

## Yellow - Orange

Helps maintain good eyesight, keeps you from getting sick.

## Green

May reduce the risk of cancer and helps build strong bones and teeth.

## Blue - Purple

Promotes healthy aging and may reduce the risk of heart disease.

## White

Helps maintain healthy cholesterol and blood pressure levels.



Alameda County Public Health Department Nutrition Services • 3600 Telegraph Ave. • Oakland, CA 94609  
 Funded by the U.S. Department of Agriculture's Food Stamp Program, an equal opportunity provider and employer, through the California Nutrition Network for Healthy Active Families. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. For information about the California Food Stamp Program, please call 1-888-999-4772.