

Health & Fitness



Fruits & Veggies



Fruits & Vegetables might be the most important food group. Fruits and vegetables are also one of the best ways to get your vitamins and minerals.

Many people love to eat fruits, but don't much care for vegetables. They love sweet strawberries, tart raspberries, and juicy watermelon, but when it comes time to eat onions, carrots, and squash, they turn up their noses! Or, they can't eat broccoli and salads without drowning them in unhealthy salad dressing, adding unnecessary fat, salt, and sugar to healthy vegetables.

It is important to eat both your fruits and vegetables, and not just one or two you like, either. Did you know that the color of the insides and outsides of the fruits and vegetables can tell you what kind of nutrients are inside?

Red fruits and vegetables are high in vitamin A and C. Vitamin C helps your immune system. Eat your tomatoes, strawberries, and red peppers!

Orange and yellow fruits are high in vitamin A as well, giving you much-needed nutrients to help your eyes, skin, teeth, and bones. Yum, cantaloupe and carrots!

Green fruits and vegetables are often high in vitamin K and iron, which are good for your blood. Antioxidants in green vegetables can help prevent diseases, too! Spinach, kale, broccoli, and leafy green vegetables are wonderful for you!

Blue and purple fruits and vegetables contain nutrients that help fight cancer and keep your heart healthy. Those are certainly important things to do! Blueberries and blackberries are some of the best way to get these nutrients.

White, tan, and brown fruits and vegetables contain a lot of fiber. This can help keep your body working well and can also lower cholesterol. Apples may look red or green on the outside, but the white inside is where the fiber is at!

So, you can see how eating a rainbow of vegetables and fruits every day can help your body!