



# Extension Nutrition Programs

FSNE/EFNEP

## Color Your Way To A Healthy Day!

Moms always said, "Eat your greens." Now we're learning that blues, reds, yellows, oranges, purples and even whites are good for you, too. All colors have a variety of vitamins, minerals and phytochemicals that help lower the risk of some cancers and help keep us "heart healthy."

**Blue/Purple** in your diet helps maintain:

- Memory function
- Healthy aging
- Urinary tract health



**Red** in your diet helps in aging healthfully.

**Green fruits and vegetables** help with:

- Vision health
- Strong bones and teeth

**White** in your diet is good for:

- Keeping cholesterol levels in check

**Yellow/Orange** will help maintain:

- A healthy immune system
- Vision health

*The USDA Food Guide Pyramid recommends a combination of 5 to 9 servings of fruits and vegetables each day.*

**Helpful Hints:** *Fruits and vegetables can be enjoyed year-round by purchasing them fresh, frozen, or canned. Frozen fruits make quick "smoothies." Canned vegetables are helpful when cold storage is limited. You have a variety of choices when it comes to having fruits and vegetables on hand. Here is a guide to help you purchase fresh produce in season, when it is the least expensive.*

*Eat your colors everyday!*



## TOP TEN FRESH FRUIT AND VEGETABLE BUYS:

### January

Apples, Grapefruit,  
Oranges, Pears,  
Tangerines, Brussels  
Sprouts, Broccoli,  
Cabbage,  
Cauliflower,  
Turnips



### February

Apples, Oranges, Pears,  
Tangerines, Grapefruit,  
Bell Peppers, Brussels  
Sprouts, Cabbage,  
Cauliflower, Radishes



### March

Apples, Grapefruit,  
Oranges, Pineapple,  
Strawberries,  
Asparagus, Broccoli,  
Cabbage, Lettuce,  
Spinach

### April

Honey Dew,  
Pineapple,  
Oranges, Rhubarb,  
Strawberries, Celery,  
Artichokes, Asparagus,  
Bell Peppers, Green  
Beans

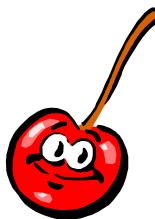


### May

Cantaloupe, Papaya,  
Pineapple, Rhubarb,  
Strawberries, Bell  
Peppers, Asparagus,  
Corn, Cucumbers,  
Lettuce

### June

Apricots,  
Cantaloupe,  
Cherries,  
Honey Dew,  
Mangos, Bell  
Peppers, Corn,  
Cucumbers, Green  
Beans, Green Peas

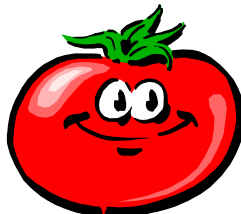


### July

Blueberries, Cantaloupe,  
Cherries, Nectarines,  
Watermelon, Beets, Bell  
Peppers, Corn,  
Cucumbers, Tomatoes

### August

Grapes, Honey Dew,  
Nectarines, Peaches,  
Plums, Corn, Bell  
Peppers, Spinach,  
Tomatoes, Zucchini



### September

Apples, Grapes, Honey  
Dew, Pears, Pineapple,  
Beets, Broccoli,  
Cauliflower, Squash,  
Tomatoes

### October

Apples,  
Cranberries,  
Grapes, Pears,  
Pomegranate,  
Brussels Sprouts,  
Cabbage,  
Cauliflower, Pumpkin,  
Squash



### November

Apples, Cranberries,  
Grapes, Oranges, Pears,  
Broccoli, Cabbage,  
Jicama, Sweet Potato,  
Turnips



### December

Apples, Grapefruit,  
Oranges, Tangelos,  
Tangerines, Broccoli,  
Cabbage, Cauliflower,  
Jicama, Sweet Potato

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