

# Legacy Health

## The “Rainbow” assortment of fruits and vegetables

Red	Dark Green	Yellow & Light Green	Orange	Purple
Apples (red) Red Bell peppers Cherries Cranberries Grapefruit Red Grapes Red Plums Radishes Raspberries Strawberries Tomatoes Watermelon	Artichoke Asparagus Green Bell peppers Broccoli Brussels sprouts Chard Collard greens Cucumber Green Grapes Green beans Honeydew melons Kale Leeks Lettuce (dark-green types) Mustard greens Peas Spinach Turnip greens	Apples (green or yellow) Avocado Bananas Yellow Bell peppers Bok choy Cabbage Cauliflower Celery Fennel Kiwi fruit Lemons Lettuce (light-green types) Limes Onions Pears (green or yellow) Pineapple Squash (yellow) Zucchini (yellow)	Apricots Orange Bell peppers Butternut squash Cantaloupe Carrots Mangoes Oranges Papaya Pumpkin Sweet potatoes Yams	Beets Blackberries Blueberries Cabbage (purple) Cherries Currants Eggplant Grapes (purple) Onions (red) Pears (red) Plums (purple) Radishes

### Lower your risk of cancer by eating large amounts of cancer-fighting fruits and vegetables.

- Five a day minimum is suggested; however, ten a day would be even better!
- Less than half of all Americans eat even one serving of fruit or vegetable during a day!
- Only 1 in 10 people eat the five-a-day recommendation.
- For a great start, choose at least one food per day from each of the five key color groups in the above table.
- 1 serving size equals:
  - 1 cup raw leafy vegetables
  - ½ cup raw non-leafy or cooked vegetables
  - ½ cup cooked green beans or peas
  - 1 medium fruit
  - ½ cup small or cut up fruit
  - ½ cup 100% juice
  - ¼ cup dried fruit
- The best ways to cook vegetables include:
  - Lightly steaming them; or
  - Stir-frying them in olive oil

Nutrition services provided by the Legacy Cancer Healing Center, part of the Legacy Cancer Institute.



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