

The Colors of Nutrition

Different colors in fruits and vegetables means it has lots of nutrients. Here's a list of colors that stand for some important nutrients.

Red: protein (strong muscles, build bones, and our brain health)

Green: vegetables - they contain vitamin K, A, C, E, and lycopene (eyes, bone health, immune system)

Yellow: fruit - vitamin K, C, B (prevent diabetes, heart disease, immune system)

Blue: carbohydrates - glucose and fiber (energy and gut health/digestion)

Brown: dairy - calcium and vitamin D (strong bones)

The Colors of Nutrition Produce Cards

