Choosing intensely colored fruits and vegetables in all of the colors of the rainbow is a great way to boost your daily nutrition.

**Reds**

**HEALTHY CHOICES:**
- Raspberries, strawberries, beets, red bell peppers, tomatoes, watermelon

**BENEFITS INCLUDE:**
- Berries are good sources of vitamin C and fiber, and, along with cherries and beets, contain powerful antioxidants. Tomatoes and red bell peppers are rich in lycopene.

**Green**

**HEALTHY CHOICES:**
- Cruciferous vegetables (broccoli, brussel sprouts), dark leafy greens (kale, chard, collard greens), avocado, celery

**BENEFITS INCLUDE:**
- Dark leafy greens are high in fiber, folate, vitamin K and carotenoids. Broccoli is a good source of potassium, fiber and folate. Avocado is high in magnesium and healthy, monounsaturated fats.

**Orange & Yellow**

**HEALTHY CHOICES:**
- Carrots, sweet potatoes, mango, pumpkin, oranges, tangerines, yellow bell peppers, yellow squash, pineapple, lemon

**BENEFITS INCLUDE:**
- Many orange and yellow fruits and veggies are high in carotenoids, beta carotene and vitamin A.

**Blue & Purple**

**HEALTHY CHOICES:**
- Red grapes, blueberries, eggplant, purple cabbage

**BENEFITS INCLUDE:**
- Blueberries are packed with antioxidants, fiber and vitamin C. Cabbage is a great source of antioxidants.

**White**

**HEALTHY CHOICES:**
- Onions, garlic, green grapes, cauliflower, potatoes, bananas

**BENEFITS INCLUDE:**
- Vegetables in the allium family (onions, garlic) are rich in antioxidants. Bananas are a great source of potassium.


---

**The Dirty Dozen**

**Buy Organic**
- 1. Strawberries
- 2. Apples
- 3. Nectarines
- 4. Peaches
- 5. Celery
- 6. Grapes
- 7. Cherries
- 8. Spinach
- 9. Tomatoes
- 10. Sweet bell peppers
- 11. Cherry tomatoes
- 12. Cucumbers

**The Clean 15**

**Buy Conventional**
- 1. Avocado
- 2. Sweet corn
- 3. Pineapples
- 4. Cabbage
- 5. Sweet peas frozen
- 6. Onions
- 7. Asparagus
- 8. Mango
- 9. Papaya
- 10. Kiwi
- 11. Eggplant
- 12. Honeydew melon
- 13. Grapefruit
- 14. Cantaloupe
- 15. Cauliflower

**TIP:** Wash your non-organic produce in one part water, one part vinegar

---

Fruits and vegetables vary in the amount of contamination by pesticides. Follow the recommendations below on which are best to buy organic vs. conventional.
10 Tips to Healthier Eating

1. Eat more high fiber foods such as 100% whole grain breads and cereals.
2. Choose a diet rich in plant-based foods such as fruits, vegetables, whole grains and beans.
3. Choose vegetable oils such as canola or olive oil and use sparingly. Limit fatty foods; especially animal fats.
4. Manage your portion sizes and increase your physical activity to lose weight.
5. Ask your doctor to refer you to a dietician to help you with weight management, diet changes and symptom management.
6. Limit red meat consumption to no more than four meals per week. Also, limit portions to three ounces per meal, which is about the size of a deck of cards.
7. Limit salt-preserved, salted or salty foods.
8. Limit “fast foods” and sugary beverages like soda and juice drinks.
9. Avoid processed meats as much as possible (deli meats, hot dogs, sausage, bacon, etc.).
10. Avoid or limit alcohol.


Eat This, Not That...
While there are many foods that are “good” for you, at Cancer Treatment Centers of America® (CTCA) we recommend a few simple, similar substitutions to make them “great” for you.

| GOOD                        | CTCA PREFERRED        | WHY?                                                                 
|-----------------------------|-----------------------|----------------------------------------------------------------------
| Romaine lettuce             | Spinach or Kale       | Spinach and kale are both nutrition-packed vegetables. They are high in vitamins and minerals to build your immune system. |
| Brown rice                  | Quinoa                | Quinoa is a great option; it is the only grain that is a complete protein, and protein fuels the immune system. |
| Fruit flavored yogurt       | Greek yogurt (plain) with fresh fruit | Greek yogurt can offer up to twice the protein and much less sugar than regular yogurt. Both regular and Greek yogurt have probiotics, which aid digestion and help build and stimulate the immune system. |
| Apples                      | Kiwi                  | Kiwi is a superior fruit; high in fiber, antioxidants and vitamins E and C. Kiwis provide more vitamin C, folic acid and vitamin B than apples. |
| Canned refried beans        | Canned whole black beans | When purchasing beans, look for whole bean options like canned black beans, which are packed with body cleansing fiber. Canned black beans also have less fat, sodium and sugar than refried beans. |

Source: http://ndb.nal.usda.gov/

Disclaimer: Following these tips may decrease your risk of disease.