



Color Your World



Fruits and vegetables are rich with minerals, vitamins, fiber and **phytonutrients** (“fight-o-nutrients”) that help fight disease and keep you and your baby healthy. Phytonutrients also give fruits and vegetables their color. By eating a rainbow of fruits and vegetables – white, yellow, orange, red, green, blue, and purple – every day, you decrease your risk of getting infections, heart disease, and even cancer. Try to eat at least 5 servings of colorful fresh or frozen vegetables and fruits every day.

YELLOW

- Corn
- Lemons
- Grapefruit
- Yellow onions
- Pineapple
- Banana
- Crookneck squash
- Yellow peppers



RED

- Strawberries
- Raspberries
- Red Grapes
- Cherries
- Red bell peppers
- Watermelon
- Rhubarb
- Tomatoes
- Chili Peppers
- Radishes
- Beets



GREEN

- Spinach
- Broccoli
- Brussel sprouts
- Mustard and turnip greens
- Asparagus
- Romaine lettuce
- Green leaf lettuce
- Green onions
- Sea vegetables
- Kale
- Kiwi
- Lime
- Arugula
- Swiss chard
- Avocado



ORANGE

- Oranges
- Orange bell peppers
- Sweet potatoes
- Carrots
- Butternut squash
- Apricots
- Mangos
- Papayas
- Cantaloupe
- Peaches
- Tangerines



BLUE AND PURPLE

- Blueberries
- Blackberries
- Plums
- Beets
- Eggplant
- Red onions
- Purple grapes
- Red cabbage
- Radicchio



WHITE

- Jicama
- Cauliflower
- White onions
- Garlic
- Leeks
- Shallots

Be sure to eat a variety of colorful fruits and vegetables. Your Baby Will Thank You!

Fruits and vegetables contain important vitamins and minerals that you and your baby may not be able to get in a multi-vitamin. Fresh and frozen fruits and vegetables may have a few more vitamins and minerals than canned, but the most important thing is to eat at least 5 servings every day.

Some fruits and vegetables are grown with pesticides, and very small amounts of these chemicals may stay on the fruit or vegetable even after they are picked.

To reduce your and your baby's exposure to these chemicals do four things:

1. Eat a VARIETY – small amounts of a lot of different fruits and vegetables is usually better than a large amount of just one kind.
2. Wash carefully
3. Choose organic when possible
4. Shop at local farms and Farmers' Markets in season. These fruits and vegetables do not have to travel long distances to get to stores, so they tend to have less pesticides on them.



To help you with your shopping. . .

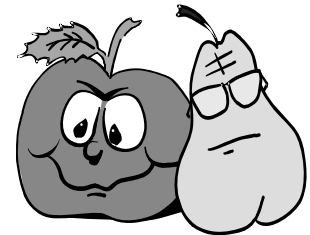
These fruits and vegetables tend to be grown with the **least** amount of pesticides:

- Asparagus
- Avocado
- Bananas
- Broccoli
- Cabbage
- Kiwi Fruit
- Mango
- Onions
- Papaya
- Pineapples
- Sweet Corn (Frozen)
- Sweet Peas (Frozen)



These fruits and vegetables tend to be grown with **more** pesticides:

- Apples
- Celery
- Cherries
- Grapes (Imported)
- Lettuce
- Nectarines
- Peaches
- Pears
- Potatoes
- Spinach
- Strawberries
- Sweet Bell Peppers



Not all fruits and vegetables are included in these lists. Others that you may enjoy fall somewhere in between and should also be washed and/or peeled.

But, don't forget – eating at least 5 fruit and vegetables every day – whether they are organic or not – is one of the best things you can do for you and your baby.

If you have any questions, please contact Laura at CET, (413) 445-4556 x13. This information was taken from the Washington, D.C.-based non-profit Environmental Working Group (EWG).