

Montgomery County Health Department

Eat a Rainbow to Fight Obesity



Eating a variety of colorful fresh fruits and vegetables helps maintain a balanced diet and reduces the risk of obesity. These foods contain fiber, vitamins, minerals, and powerful nutrients that help fight disease. They also help build strong bones and teeth, improve memory, reduce high blood pressure, help with heart health and lower the risk for certain cancers.

Red foods like apples, cranberries, red grapes, pomegranates, raspberries, strawberries, watermelon, pink or red grapefruit, tomatoes, radishes, red peppers, and red onions contain flavonoids, lycopene, vitamin C, and folate that support heart health and improve memory.

Orange foods like apricots, cantaloupe, oranges, peaches, nectarines, mangoes, pumpkin, and sweet potatoes are a great source of Vitamin C and support eye health.

Yellow foods are good for the skin and help the digestive system. Choose foods like sweet corn, yellow apples, grapefruit, pineapple, yellow peppers, lemons, and yellow tomatoes.

Green foods such as green apples, green grapes, kiwi fruit, honeydew, avocado, broccoli, spinach, artichoke, zucchini, lettuce, celery, and asparagus contain chlorophyll, vitamin K, and other nutrients that build healthy bones and teeth and strengthen the immune system.

Blue and purple foods benefit the brain. They improve memory and help fight certain cancers. Choose blueberries, eggplant, raisins, blackberries, plums, purple grapes, cabbage, or figs.

Remember to eat white foods. Bananas, white nectarines, white peaches, garlic, cauliflower, onions, mushrooms, and potatoes contain flavonoids that support heart health and healthy cholesterol levels.

Replacing fatty or starchy foods with colorful fruits and vegetables will build healthier lifelong eating habits and reduce the risk of obesity.

The Montgomery County Health Department loves taking care of your family, and works every day to protect, promote and improve health in our community.

