

## **Healthy Lifestyles – Marshfield Area Coalition’s Top Five**

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you the “Top Five.” Check out these incentives to jump-start your activity and increase your fruit and vegetable consumption. Enjoy!

### **Blue or Purple Fruits & Veggies**

#### **The Colors of Health**

Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in what's inside. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples of blue and purple fruits and vegetables include blueberries, purple plums and purple eggplant. For more variety, try new fruits and vegetables regularly. Here is what eating blue or purple fruits and vegetables can do for you.



#### **Five Reasons to Eat Blue/Purple Fruits & Vegetables:**

1. Help prevent cancer
2. Help reduce risk of heart disease
3. Help slow the aging process
4. Help the body fight disease
5. Help increase fiber intake

Sources: Centers for Disease Control & Prevention (CDC), U.S. Department of Health & Human Services and <http://www.fruitsandveggiesmorematters.org>

Submitted by: Angie Wirkus, Healthy Lifestyles Coalition member

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To view article visit our Web site at [www.marshfieldhealthylifestyles.org](http://www.marshfieldhealthylifestyles.org).

For more information about the Coalition or to become a free member, contact the Marshfield Clinic Center for Community Outreach at 715-221-8400.