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### VALUABLE NUTRIENTS FOR YOUR BODY

Everybody knows that eating the appropriate amount of fruits and vegetables is crucial to a well-balanced diet; what many don't know however, is the importance of the colors of the fruits and veggies they choose. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances your body needs to obtain great health. Each color has its own set of health benefits and provides valuable nutrients for your body. When choosing fruits and veggies for your diet, think variety and color. To help you with this, we have included a few colors and their health benefits below.

**White:** Although not rich in color, white fruits and vegetables provide several health benefits. They contain health-promoting chemicals that may maintain healthy cholesterol and blood pressure. Other health benefits include immune support and lowered risk of heart disease and various cancers.

A great example of a white vegetable rich in nutrients is cauliflower. A cruciferous vegetable that is best in the winter months. Cauliflower resides in the same plant family as broccoli, kale, and cabbage. It is a rich source of vitamin C, vitamin K, folate, potassium and dietary fiber; in fact, one cup of cooked cauliflower contains almost half of the daily recommendation for vitamin C. White fruits and vegetables include: bananas, coconut, garlic, ginger, mushrooms, onions, parsnips, potatoes, and turnips.

**Orange and Yellow:** colored by a group of natural plant pigments called carotenoids, orange and yellow fruits and vegetables contain beta-carotene which has antioxidant actions. Once ingested, beta-carotene converts to vitamin A which helps to maintain health vision, a healthy immune system, and is important for skin health. Not only do these vegetables and fruits contain high amounts of beta-carotene, they are also filled with flavonoids, lycopene, potassium, and vitamin C.

Orange and yellow fruits and vegetables include: apricots, butternut squash, cantaloupe, carrots, lemons, mangos, nectarines, orange peppers, oranges, papayas, peaches, pineapples, sweet potatoes, yellow apples, yellow peppers, yellow summer or winter squash.

For more information on healthy eating selections, please contact our Certified Clinical Nutritionist, Bill Spear, R.Ph,CCN at Hazle Drugs, 1 E. Broad St., Hazleton, Pa., 570-454-2476, [www.hazledrugs.com](http://www.hazledrugs.com)

***Bill Spear, R.Ph., CCN is a Compounding Pharmacist and Certified Clinical Nutritionist. He is available for personal Nutritional Consultations at***

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***Call for more information or to schedule your Nutritional Consultation today!***