



# Fight Sickness with Color in the New Year!

## Why does color matter?

Foods that are bright in color are also high in antioxidants. Antioxidants work like little soldiers in our bodies that protect our cells from damage and boost our immune system. Different color foods contain different antioxidants that are all good for health, but help us in different ways! Common antioxidants include Carotenoids, Vitamin E and Vitamin C.

### Vitamin E

Vitamin E is found in vegetable oils, whole-grains and fortified cereals, seeds, nuts and peanut butter.

These foods may help protect your body from cell damage that can lead to cancer, heart disease and cataracts as we age.

### Carotenoids

Foods high in carotenoids include red, orange, and deep-yellow vegetables; these include sweet potatoes, carrots, tomatoes, and winter squash.

Foods high in carotenoids may help prevent certain cancers and lower your risk of macular degeneration.

### Vitamin C

Vitamin C helps protect your body from infection, keeps your bones and muscles strong, and helps us absorb iron from other foods.

Citrus fruits (including oranges, grapefruits and tangerines), strawberries, sweet peppers, tomatoes, broccoli and potatoes are all good sources of Vitamin C.

Remember, these antioxidants are most helpful when they are eaten as a FOOD, not as a pill. The best way to get a wide variety of antioxidants is to eat at least 1½ cups of fruits and 2½ cups of vegetables a day. Fresh, frozen, dried and canned fruits and vegetables are all nutritious, just be sure to buy frozen and canned options without added sugars or salt.