

**IMPORTANT FOOD INFORMATION** We all know fruits and vegetables are good for us, but here's a list of what the different colors mean for your health:

- Red fruits and veggies, such as strawberries, red grapes, beets, and tomatoes, improve blood flow to the heart and protects against Alzheimer's disease.
- White fruits and veggies, such as bananas, pears, onions, and mushrooms, help maintain heart health and healthy cholesterol levels.
- Green fruits and veggies, such as kiwi, pears, broccoli, and peas, help build strong bones and teeth and protects your vision.
- Yellow and orange fruits and veggies, such as mangos, pineapple, carrots, and pumpkin, boosts your immune system and protects the health of your heart and eyes.
- Blue and purple fruits and veggies, such as figs, blueberries, eggplant, and cabbage, protect your memory and help your urinary tract stay healthy.

Because each colorful carotenoid has something different to offer, vary the hue of the produce you eat throughout the day to reap all of the benefits. Make a tropical dessert with cubed mangos, sliced bananas and chopped kiwi, or fix up a salad with spinach, tomatoes and mushrooms. Just use your eye as your guide: The more vibrant your meal, the better it is for you. (LifeScript)

**Is pre-cut produce as good for you as its whole counterpart?** Maybe not. If you're worried about losing nutrients by buying fresh-cut produce, you may not be entirely off-base. Fruits and vegetables are very sensitive to light, heat, air, and time, and any of these factors can contribute to nutrient loss and the demise of antioxidants. If you want the freshest pre-cut produce, look for the "use by" date. But keep in mind these dates are geared more toward spoilage, probably not nutrient loss. To be safe, you can always cut and store your own produce at home. Slice fruits and veggies into larger pieces in order to expose less surface area to the process of oxygenation (that annoying thing that turns your apples brown and can destroy nutrients and precious antioxidants in your food). Store freshly cut fruits and veggies in airtight, opaque containers to avoid exposing them to air and light. And keep them as cold as possible in the fridge without actually freezing them. Gobble up fresh foods quickly – a fruit or vegetable's original nutrient, phytochemical and antioxidant content will last up to 5-7 days in the fridge. To be on the safe side, use cut produce within three days. Preparing your own pre-cut produce at home takes some initiative on your part, but if you want the best out of your foods, it's well worth it. (LifeScript)