











# Eat more vegetables and fruits



One of the best ways to reduce your risk of cancer is to eat a plant-based diet rich in vegetables and fruits.

	Green	White	Yellow/Orange	Red	Blue/Purple
VEGETABLES	<p>Arugula Asparagus Broccoli Brussels sprouts Peas* Okra Zucchini Cabbage</p> 	 <p>Cauliflower Garlic Artichokes Mushrooms Onions Jicama Parsnips Shallots</p>	<p>Butternut squash* Carrots Pumpkin* Yellow beets Rutabagas Sweet potatoes* Yellow peppers Yellow squash</p> 	 <p>Tomatoes Red bell peppers Beets Red onions Radishes Red chili peppers Red potatoes* Rhubarb</p>	<p>Purple cabbage Purple potatoes* Eggplant Endive</p> 
FRUIT	<p>Apples Grapes Pears Honeydew Kiwi Limes</p> 	 <p>Bananas Brown pears White nectarines White peaches</p>	<p>Mangos Oranges Papayas Peaches Pineapple Apricots Cantaloupe Grapefruit Lemons</p> 	<p>Blood oranges Cherries Cranberries Guava Pomegranates Raspberries Red grapes Strawberries Watermelon</p> 	<p>Blackberries Black currants Blueberries Plums Prunes Figs</p> 

\*Eat these starchy vegetables in moderation.

**Try to eat at least 2½ cups of non-starchy vegetables and fruits each day.**

Include a vegetable in every meal and snack.