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2s summer comes full swing, many of you eat more fruits and vegetables as they are fresher and more widely available at this time of year. Fruits and vegetables are important sources of disease fighting nutrients such as vitamins, minerals, and fiber. But have you ever wondered if some fruits and vegetables are better than others, or which ones are the most nutritious? Below is a list of some essential nutrients and some of the foods which provide the best source of each nutrient. Remember to eat at least 5 per day and that the most colorful fruits and vegetables tend to be the most nutritious. Try to eat foods of all colors, as the color is an indication of the nutrient level.

CAR Z 4I This nutrient is a powerful antioxidant which helps to destroy free-radicals which can cause cardiovascular disease and cancer. Some of the best fruit sources are kiwis, strawberries, oranges, and mangos. Some of the best vegetable sources

CAR Z 2I This nutrient is important for immune function and healthy skin, hair, eyes, and mucous membranes. The best fruit sources are mangos, avocados, cantaloupe, and tomatoes. Some of the best vegetable sources are sweet potatoes, carrots, broccoli, and spinach.

A` eRtH^ I This nutrient is important for heart health. Some of the best fruits are avocados, bananas, kiwis, and watermelon. Some of the best vegetables are lima beans, artichokes, white potatoes, and peas.

> RX VdF^ I This nutrient is important for muscle function, bone health, the absorption of various vitamins and minerals, blood clotting, and energy production. Some of the best fruit sources

are avocados, kiwis, watermelon, and blackberries. Some of the best vegetable sources are artichokes, peas, corn, and squash.

7 IRVI This nutrient is important for the production of red blood cells, which carry oxygen to all the cells in your body. It is especially important during pregnancy. Some of the best fruit sources are avocados, kiwis, blackberries, and oranges. Some of the best vegetable sources are lima beans, asparagus, peas, and spinach.

2_eiZR ed I Although most fruits and vegetables are high in antioxidants, pomegranates and blueberries are exceptionally high in antioxidants. In addition to being tasty, these exotic fruits are some of the best known sources of antioxidants. Pomegranates have even been known to help lower cholesterol naturally.

7Bvc I This nutrient is important for bowel regularity, the prevention of colon cancer, and the natural reduction of cholesterol. Some of the best vegetable sources are peas, artichokes, Brussels sprouts, and turnip greens.

So here's to a happy, healthy, and colorful summer!

Sources: *United States Department of Agriculture*
The Mayo Clinic

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