



## Fall-Time Favorites at the Farmers' Market

### How can you get the most from the farmer's market this fall?

Shop the rainbow.

Different colored fruits and vegetables contain different types of antioxidants with unique benefits, so eating a variety puts more health-boosting power on your plate. When perusing the stands, look for the most vivid colors available. The brighter the color, the more antioxidants a fruit or veggie contains.

Here's what to look for this fall.

**Green vegetables** contain a slew of antioxidants. Lutein, for example, helps protect your eyes and may prevent cataracts and macular degeneration. Greens are also rich in other health essentials, such as folate, minerals, and fiber. Pick up these autumn greens:

- Broccoli
- Brussels sprouts
- Swiss chard



**Orange and yellow** plants are packed with carotenoids, such as beta-carotene and vitamin C, which promote heart health and vision, and may reduce the risk for certain cancers. Shop for these bright foods:

- Acorn squash
- Butternut squash
- Persimmons
- Pumpkin
- Sweet potatoes



**Red, blue, and purple** shades mean a fruit or veggie is a rich source of anthocyanins or lycopene, which may reduce your cancer risk and protect your heart. Fill up on these deeply hued fruits:

- Cranberries
- Pomegranates
- Red and purple grapes



### September is Fruit and Veggies—

**More Matters Month**, sponsored by the Fruit and Vegetable Program office of the Centers for Disease Control and Prevention. For more information, go to [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov).

