

Orange & Yellows

Health and Nutrition Benefits



Orange and yellow fruits and vegetables are sources of carotenoids, flavonoids, lutein, lycopene, potassium and vitamin C. These nutrients help prevent heart disease, boost immune system function, lower blood pressure and cholesterol, promote healthy joint function and reduce the risk of cancer.

North Carolina State University's Plants for Human Health Institute (PHHI) has researched sweet potatoes and winter squash. PHHI's research has shown the phytochemical content of sweet potatoes, including their antioxidant and anti-inflammatory capacity.



<http://plantsforhumanhealth.ncsu.edu/healthy-living/>