



Get Color!

Variety – the key to better health

Most people know that they need to eat better, but many of us are confused about what that actually means. Costco's newly-formed Health and Wellness department has a colorful plan to increase our consumption of nutritious foods.

"Fruits and veggies are an important part of any health plan," explains **Annie Casey**, Health and Wellness manager. "By choosing different colors, we get a larger variety of nutrients and phyto-chemicals, which leads to good health."

Research shows that people who eat generous amounts of fruits and vegetables decrease their risk of stroke, diabetes, cardiovascular diseases and certain types of cancer. Filling your plate with a full spectrum of colorful food choices – at least one fruit and vegetable from each color group per week – ensures that you get adequate amounts of fiber, folate, potassium and vitamins A and C.

In 2005, the Centers for Disease Control and prevention (CDC) changed the dietary guidelines for Americans. Instead of recommending a minimum of five servings of fruits and vegetables per day, the CDC now recommends 2 to 6½ cups per day. In addition to adding a less ambiguous measurement standard, they also recognize that the quantity of fruits and vegetables a person needs should be adjusted based on his or her age, gender and physical activity level.

For more information or to calculate your recommended daily amount of fruits and vegetables, go to the CDC's Web site: www.fruitsandveggiesmatter.gov.

The Rainbow of Nutrient-rich Foods

RED – strawberries, tomatoes, apples, beets and bell peppers

ORANGE and YELLOW – carrots, sweet potatoes, pumpkin, oranges, mangoes, bananas, cantaloupe and apricots

GREEN – kiwi, broccoli, spinach, mustard greens, peas, romaine lettuce and green beans

BLUE and PURPLE – blueberries, plums, eggplant and grapes