

Why Eat Yellow and Orange Fruits and Vegetables?



Yellow and Orange Fruits and Vegetables: Flavor Boosters

Lemons are tart, bright, and add pizzazz to just about any dish. They can be used in both savory and sweet foods, and they're one of the most versatile flavoring agents around.

Carrots are crisp, crunchy, and subtly sweet. They're wonderful when served raw as crudité or grated into salads, but they're also lovely when cooked and pureed into a bright carrot soup.

Mangoes have a honeyed sweetness that makes them a great dessert or snack. Simply peel the skin and slice the fruit off of the seed for a truly tasty treat.

Yellow and Orange Fruits and Vegetables: Health Benefits

Oranges are an excellent source of vitamin C, an

antioxidant that protects your cells from free radical damage. Vitamin C boosts your immune system, reduces inflammation, and protects blood vessels.

Yams and **sweet potatoes** top the charts in terms of beta carotene content. Beta carotene is also known as vitamin A and it plays a key role in heart health and heart disease prevention.

Butternut squash and **pumpkins** are rich in beta carotene too.

Pineapples are great sources of vitamin C and manganese. Manganese is an essential mineral that your body cannot make on its own. Without it, your bones would grow weak and you could even get anemia.

Tangerines are rich in flavonoids, cancer-fighting compounds that neutralize the free radicals that would otherwise damage your system.

