

## Blue/Purple Fruits and Vegetables



### What is the **blue/purple** color in fruits and vegetables?

The blue and purple color in fruits and vegetables are known as **anthocyanins**. Anthocyanins are powerful antioxidants that help our bodies function correctly. Foods containing anthocyanins can also be used as natural dyes for foods like jam, candies, and beverages.

### Why is it important?

Blue and purple produce have been proven to have multiple health benefits. Studies have shown eating a rainbow filled with blue and purple can protect our bodies from disease. They also help with memory and promote healthy aging. To get the most benefit from these foods, it is recommended to eat them at their ripest.

### What fruits and vegetables are **blue/purple**?

**Blackberries**  
**Blueberries**  
**Blue Potatoes**  
**Currants**  
**Dates**  
**Eggplants**  
**Figs**  
**Grapes**  
**Plums**

**Prunes**  
**Purple Carrots**  
**Purple Cauliflower**  
**Purple Peppers**  
**Purple Potatoes**  
**Radicchio**  
**Raisins**  
**Turnips**

