

## Green Fruits and Vegetables



### What is the **green** color in fruits and vegetables?

The green color in fruits and vegetables is known as **chlorophyll**. This is a substance naturally present in green plants and helps them absorb energy from the sun. The greener a piece of produce is, the higher its chlorophyll content!

### Why is it important?

Green fruits and vegetables have been linked to several health benefits. It was shown that eating green fruits and vegetables can lower our risk for harmful diseases like cancer and heart disease. Green produce has also been shown to maintain our vision health and build strong bones and teeth. It is recommended to eat at least 4 servings of green vegetables a day.



### What fruits and vegetables are **green**?

**Artichokes**  
**Asparagus**  
**Avocados**  
**Bok Choy**  
**Broccoli**  
**Brussels Sprouts**  
**Cabbage**  
**Celery**  
**Collard Greens**  
**Cucumbers**  
**Green Apples**  
**Green Beans**  
**Green Onions**  
**Green Peppers**

**Honeydew Melon**  
**Kale**  
**Kiwis**  
**Leeks**  
**Lettuce**  
**Limes**  
**Mustard Greens**  
**Okra**  
**Pears**  
**Peas**  
**Spinach**  
**Watercress**  
**Zucchini**

