

White Fruits and Vegetables



What is the **white** color in fruits and vegetables?

The white color in fruits and vegetables is known as **anthoxanthin**. The color of these foods can change based on what is added to it. When an acid is added, like lemon juice, these foods will appear whiter, whereas salt will produce a creamy yellow color.

Why is it important?

People often do not think of white produce when they say, "eat the rainbow," however these fruits and vegetables are just as important! These foods have been proven to boost your immune system which is helpful for fighting off colds and viruses. These molecules are also linked to antioxidant properties that help reduce your risk for chronic disease such as heart disease, cancer, and diabetes.

What fruits and vegetables are **white**?

Bananas (peeled)
Cauliflower
Garlic
Jicama
Mushrooms
Onions

Potatoes
Parsnips
Shallots
White Peaches
White Turnips

