

Yellow/Orange Fruits and Vegetables



What is the **yellow/orange** color in fruits and vegetables?

The yellow pigment is from **xanthophylls**, part of the carotenoid class of phytochemicals. Lutein and zeaxanthin are two examples. Yellow vegetables are also a good source of **Vitamin C**.

Why is it important?

The yellow pigments are associated with a lower risk of depressive symptoms and may lower risk for cancer and type 2 diabetes. Yellow vegetables are good for your heart and eyes.

What fruits and vegetables are **yellow/orange**?

Acorn squash

Apples

Apricots

Cantaloupe

Grapefruit

Lemons

Mangoes

Nectarines

Oranges

Pineapples

Peaches

Potatoes

Pumpkin

Rutabaga

Sweet corn

Tomatoes

Tangerines

Wax beans

Yams

Yellow beets

Yellow carrots

Yellow cherries

Yellow peppers

Yellow squash

