

WELLNESS CONNECTION

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INSPIRE TO MOVE - Color Your Plate



Photo Credit: Thomas Le of Unsplash

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Eating a wide range of colorful vegetables and fruits offers your body many valuable nutrients. These nutrients can benefit your health and may even boost your mood. All the University of Illinois campuses have community gardens where you can access these nutrients from all their fresh produce.

The [main color groups](#) to gather nutrients are blue and purple: which carry antioxidants that help keep our skin looking young, red and pink: which carry carotenoid lycopene which scavenge for gene-damaging free-radicals that protect against cancer, green: which carry cancer blocking chemicals that inhibit the

actions of carcinogens, orange and yellow: which carry antioxidants and anthocyanins which help delay cellular aging and help block the formation of blood clots, and white: which contain allicin that has anti-tumor properties. Simply select food choices from each group, and you are on your way to a healthy plate.

UIUC has the [sustainable student farm](#), where students grow vegetables and fruits on five acres. Beginning in late May and through the fall semester, much of the food is used in dining halls or sold out on the quad and through their online store.

UIC has the [campus community garden](#) featuring herbs, as well as vegetables and flowers, that help students learn sustainability and urban-style farming techniques.

UIS has the [UIS community garden](#) where students and community members learn about sustainability and can take home fresh produce any day of the week. Produce from the garden is also used in the UIS dining hall.

Summer Farmer's Markets are another wonderful place to get fresh vegetables and fruits. To locate a Farmer's Market near you, use the [USDA National Farmers Market Directory](#) or the [Illinois Buy Fresh Buy Local guide](#).

View the have a plant website for a [full list of A-Z vegetable and fruit ideas](#) and to learn more about how to eat the rainbow.

I want you to live a happy, healthy life, but no content in this article should ever be used as a substitute for medical advice from your doctor or other qualified clinician.

Source: [American Heart Association](#)

