



Eat Sunny side up

Brighten your future with yellow and orange produce!

Yellow and orange bring to mind the words energy and strength. And by eating these sunny color versions of produce, you could look forward to a bright, healthy future. The super nutrients (those with alpha and beta carotene) in yellow and orange fruits and vegetables like peaches, carrots, and yellow squash may protect against some cancers and can protect the skin from dryness and wrinkling. They can also help guard other vital organs and health functions. Find out in this [article](#).

Recipe: An orange treat to jump start your morning

For a quick, healthy pick-me-up, you usually can't go wrong with a smoothie. This one is made with a tasty orange fruit that's rich in beta-carotene and fiber – apricot! Try this [Apricot Fruit Smoothie](#). Log in to Healthy Lifestyles and find it in the Recipe section of the Resources and Tools tab.

True Colors Tip: Add a sweet surprise

Add mandarin orange segments to a salad or beef stir-fry for some sweetness and an extra boost of fiber, vitamins and minerals.

Track your servings three times a week.

Log in to Healthy Lifestyles at [anthem.com](#) and use your servings tracker under the **My Well-Being Plan** tab.

Sunny yellow and orange fruits and veggies

Did you know that the average ear of corn has 800 kernels arranged in 16 rows? Keep corn stored in the refrigerator (with their husks on) and use them within two days. To learn more tips on your favorite yellow and orange fruits and veggies, click the button below.

[Produce chart](#) →



Track your servings →

- Eat at least 2 cups of fruit and 2 ½ cups of vegetables every day.
- Drink 6 cups of water every day.
- Record everything on your servings tracker at least three days each week.



Watch and learn →

Ever wondered how to select a sweeter, more flavorful sweet potato? And how is it different from a yam? Watch this video to learn more.



Share with others. →

Do you have a special time-saving tip or trick for peeling or preparing produce? Share it with others on the True Colors chatter board.

Remember:

All forms of fruits and vegetables count – fresh, frozen, canned, dried and 100% juice.

Talk with your doctor before starting this or any other fitness, nutrition and weight management program to find out if it is right for your needs.

Source:
• SheKnows – sheknows.com

The Healthy Lifestyles programs are administered by Healthways, Inc., an independent company. © 2015 Healthways, Inc. All rights reserved.