



The power of pale produce

White, brown and tan fruits and veggies are nutritious, too.

From blueberries to yellow squash, you've learned a lot about the power of colorful fruits and vegetables. But what about paler produce? Do white, tan and brown fruits and veggies still pack a nutritious punch like their colorful cousins? Food scientists think so. Mushrooms, dates, onions and other light- and tan-colored foods are loaded with important nutrients that may help repair tissues, fight infections and prevent cancer and other conditions. Read this [article](#) to learn more.

Recipe: Make a healthy comfort casserole

Want to know how to make comfort food healthy and delicious? Try this lighter version using one white veggie that's a nutritional powerhouse – cauliflower. Log in to Healthy Lifestyles and search for [Skillet Cauliflower Gratin](#) in the Recipe section of the Resources and Tools tab.

True Colors Tip: Go for garlic!

Roast a whole head of garlic in the oven until it's soft. When it has cooled, mash the garlic and save it in a container. Then, use it as a spread on sandwiches, on toast or as a dip for appetizers.

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.

Tasty tan, brown and white fruits and veggies

Did you know that dates have just 30% moisture, which makes them the only naturally dehydrated whole fruit? Choose dates that are shiny, unbroken and uniform in color. To learn more tips on your favorite tan, brown and white fruits and veggies, click the button below.

[Produce chart](#) →



[Track your servings](#) →

Keep your eye on the goal!

It's the last week of the True Colors Healthy Eating Adventure. Did you meet your goal of 2 cups of fruit, 2 1/2 cups of veggies and 6 cups of water every day? If so, keep up the great work!

Remember:

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



[Watch and learn](#) →

Ever wondered how to select and store fresh cauliflower? Watch this fun video for helpful tips.



[Share with others.](#) →

What's your favorite fruit or vegetable salad ingredient? Share it with others on the chatter board when you log in to Healthy Lifestyles.

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:
• Neal's Yard Remedies – [nynaturalnews.com](#)

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