

Health tip: Choosing foods for health



Food is ingrained in our cultures. Eating is a normal human function. It may be a part of celebration, such as a wedding or birthday, or for somber occasions, such as a funeral. The type of foods you consume on a regular basis may have a direct impact on your health. Healthy eating patterns may lead to a lower risk of heart disease, type 2 diabetes, and some cancers.¹

The food you eat may impact how efficiently your body will function. Food contains:²

- **Macronutrients** – carbohydrates, fat, and protein
- **Micronutrients** – vitamins and minerals
- **Antioxidants** – vitamin C and vitamin E
- **Fiber** – found in whole grains, fruits and vegetables
- **Phytonutrients** – found in fruits, vegetables, nuts, beans and tea

Eat the rainbow³

The color from fruits and vegetables provide the body with the vitamins, minerals, fiber and antioxidants for optimal performance. It’s recommended to consume a variety of fruits and vegetables.

Color	Potential benefits
Green	Supports heart, brain and eye health
White and tan	Supports hormone balance and immune system
Blue and purple	Prevents cell damage and promotes cancer prevention
Orange and yellow	Provides protection to nervous system and improves bone health
Red	Supports heart health and protection from some cancers

Tips for eating for better health⁴

- Eat less processed foods
- Avoid eating food you could not make at home
- Eat the colors of the rainbow, including a wide variety of fruits and vegetables
- If you cannot pronounce the ingredients on the label, try to avoid that food
- Avoid sugary drinks, fried foods and highly processed food
- Try foods you have not tried in the past
- Have as much variety as possible to avoid complacency



Sources:

¹ CDC. <https://www.cdc.gov/nutrition/php/resources/healthy-eating-benefits-for-adults.html> 2026. Accessed June 2026

² National Geographic. <https://education.nationalgeographic.org/resource/food/> 2026. Accessed June 2026

³ AHA. https://www.heart.org/-/media/AHA/H4GM/PDF-Files/Eat_More_Color_infographic.pdf?sc_lang=en 2025. Accessed June 2026

⁴ EatRight.org. <https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/processed-foods-whats-ok-and-what-to-avoid> .2026. Accessed June 2026

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