

EAT ORANGE



What gives most foods their orange hue is the antioxidant beta-carotene, which also helps support healthy skin, hair and vision. Most folks typically fall short when it comes to beta-carotene in their diet, so it's important to make sure you have some orange on your plate each day. The yellowish color found in citrus fruit doesn't contain much beta-carotene, but is chock-full of another antioxidant, vitamin C which also helps fight infection.

TO FIND OUT MORE:

[HTTP://BLOG.FOODNETWORK.COM/HEALTHYEATS/2010/10/19/EATING-BY-COLOR-ORANGE/](http://blog.foodnetwork.com/healthyeats/2010/10/19/eating-by-color-orange/)