Fruits and vegetables come in all the colors of the rainbow, and white ones such as mushrooms, onions and cauliflower also provide nutritional value.

Fruits and vegetables provide a wide range of essential vitamins and minerals. Eating more fruits and vegetables can help with weight management and can help reduce your risk of cancer and heart disease.

To get the most fruits and vegetables for your money, check out the store grocery ads for seasonal fresh fruits and vegetables. Compare prices of fresh, frozen, dried and canned fruits and vegetables.