```html
<!DOCTYPE html>
<html>
<head>
    <title>Change Background Color</title>
    <style>
        .color-button {
            padding: 10px 20px;
            font-size: 16px;
            cursor: pointer;
            border: none;
            margin: 5px;
        }
    </style>
</head>
<body>
    <button class="color-button" onmouseover="changeColor('red')" onmouseout="resetColor('red')">Red</button>
    <button class="color-button" onmouseover="changeColor('green')" onmouseout="resetColor('green')">Green</button>
    <button class="color-button" onmouseover="changeColor('blue')" onmouseout="resetColor('blue')">Blue</button>

    <script>
        function changeColor(color) {
            document.body.style.backgroundColor = color;
        }

        function resetColor(color) {
            document.body.style.backgroundColor = "white";
        }
    </script>
```

```html
</body>

</html>
```