Eat the Rainbow

EAT A VARIETY OF VEGETABLES AND FRUITS
Challenge yourself to try eating fruits and vegetables in all the different colors! There are many benefits to varying your vegetables and fruits: improved memory sharper vision, strengthened immune system, lower risk for certain cancers, aging healthfully- the list goes on! To get the full benefits, eating the rainbow is key.

RED
BEETS, CHERRIES, RASPBERRIES, STRAWBERRIES, TOMATOES, RED PEPPERS
associated with a healthy heart, needed for cell communication, and lowers risk for some cancers

WHITE
CAULIFLOWER, COCONUT, GARLIC, ONION, BANANA, SALAD TURNIPS
helps tissues regenerate, helps prevent sickness, strengthens teeth and bones, and reduces risk for some cancers

ORANGE
CARROTS, APRICOTS, ORANGES, SQUASH, SWEET POTATO, ORANGE PEPPERS
good for your immune system, for joint health, and your skin

GREEN
LEAFY GREENS, AVOCADO, GREEN PEPPER, BROCCOLI, ASPARAGUS, CABBAGE
for healthy aging, improves memory, protects cells from damage

YELLOW
CORN, LEMON, PINEAPPLE, YELLOW PEPPERS, SQUASH YELLOW BEETS
good for your immune system, and lowers risk for some cancers

BLUE/PURPLE
BLUEBERRIES, BLACKBERRIES, GRAPES, PLUMS, EGGPLANT, PURPLE CABBAGE

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