

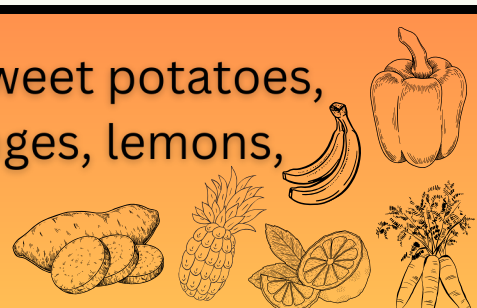
How to “Eat the Rainbow” and Why It Keeps You Healthy

RED FOODS: Tomatoes, beets, red peppers, watermelon, strawberries, cherries, apples, cranberries



BENEFITS: Reduce inflammation, antioxidant, improve/maintain circulation, fight cancer, increase sun protection, reduce risk of cancer and chronic disease

ORANGE AND YELLOW FOODS: Bell peppers, sweet potatoes, carrots, corn, squash, pineapple, bananas, oranges, lemons, cantaloupe, peaches



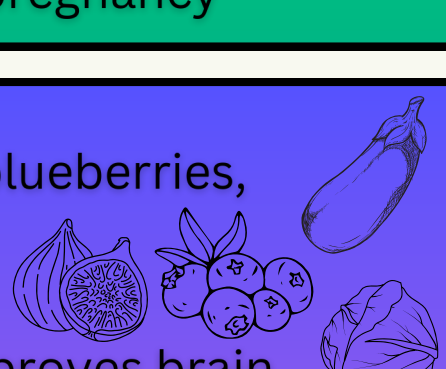
BENEFITS: Supports vision health and immune system, promotes circulation and cellular turnover, reduces risk of heart disease and stroke

GREEN FOODS: Spinach, kale, lettuce, broccoli, Brussels sprouts, peas, green beans, green peppers, zucchini, cucumbers, grapes, avocado, apples



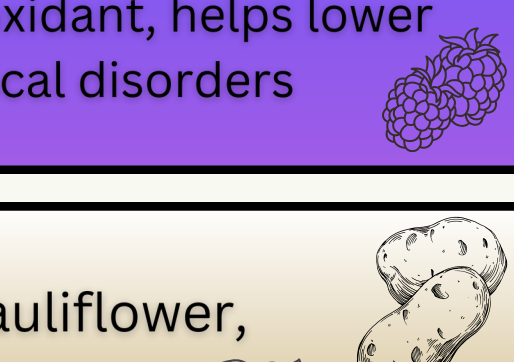
BENEFITS: Supports blood and bone health, anti-inflammatory, maintains immune health, slows cognitive decline, improves mood, decreases risk for congenital disabilities during pregnancy

BLUE AND PURPLE FOODS: Eggplant, cabbage, blueberries, blackberries, grapes, raisins, figs



BENEFITS: Reduces inflammation, anti-aging, improves brain function, supports weight management, antioxidant, helps lower risk for diabetes, heart disease, and neurological disorders

WHITE AND BROWN FOODS: Potatoes, cauliflower, mushrooms, garlic, onions, parsnips, jicama



BENEFITS: Boosts immune system, antioxidant, can help improve allergies, some have antimicrobial properties,