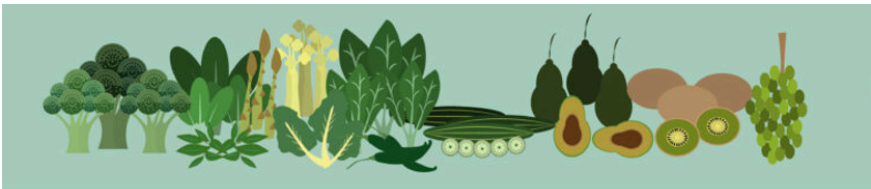


Eat a Rainbow!

Use the color of food (including skins) to identify some of its health benefits. We attribute these benefits, in part, to phytonutrients, naturally occurring compounds produced by plants for their own protection against environmental stresses.



GREEN BENEFITS

eye health | **arterial function**
lung health | liver function cell
health helps in wound healing
& **gum health**



RED BENEFITS

prostate, urinary tract & DND
health | **protects against**
cancer & heart disease



WHITE BENEFITS

bone | **circulatory system** |
arterial function | **fights**
disease and cancer | antiviral,
antiparasitic and antifungal



ORANGE/YELLOW BENEFITS

eye health | **immune function** |
bone and skin health | **growth**
and development



PURPLE/BLUE/BLACK BENEFITS

good for heart | **brain** | bone,
arteries | **cognitive health** | fights
cancer & supports healthy aging