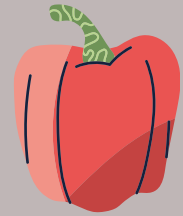
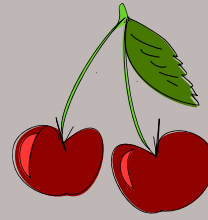


EAT THE RAINBOW!



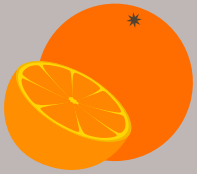
RED

- Contain lycopene
- Heart health
- Examples: cherries & red peppers



ORANGE

- Contain beta-carotene
- Skin & eye health
- Examples: oranges & carrots



YELLOW

- Contain bioflavonoids
- Digestive system health
- Examples: bananas & corn



GREEN

- Contain folate
- Heart health & antioxidants
- Examples: avocados & broccoli



BLUE & PURPLE

- Contain anthocyanins
- Brain function
- Examples: blueberries & grapes

