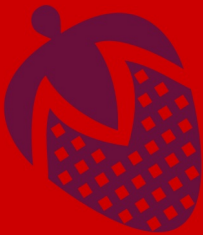


# The Benefits of Eating a Rainbow

## Red

Red fruits & veggies repair cell damage and protect against heart attacks, they're high in folate and vitamin C



Strawberries  
Tomatoes  
Radishes  
Red Peppers  
Apples  
Cherries

## Green

Full of Vitamin C, K, & folic acid, green fruits & veggies strengthen your immune system, boosts blood flow and lowers cholesterol.



Collard Greens  
Spinach  
Broccoli  
Kale  
Cabbage  
Brussels Sprouts

## Blue / Purple

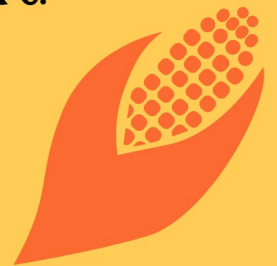
High in antioxidants, purple fruits & veggies improve heart, vision health and boost your brain power



Eggplant  
Beets  
Blueberries  
Plums  
Grapes  
Blackberries

## Orange / Yellow

Orange and yellow fruits & veggies boost the immune system, maintain eye health, and protects your skin. They're high in vitamin A & C.



Corn  
Pumpkin  
Carrots  
Sweet Potatoes  
Pineapple  
Oranges  
Lemon