

# Eat the Rainbow

A quick way to get the nutrients you need is to eat a rainbow of fruits and vegetables. Aim for five or more servings of fruits and vegetables a day.



## HEALTH BENEFITS

Anti-Inflammatory, antioxidant, may help lower risk of heart disease and certain cancers, may reduce sun-related skin damage



## HEALTH BENEFITS

Anti-Inflammatory, antioxidant, supports eye health, may help lower risk of heart disease and cancer



## HEALTH BENEFITS

Anti-Inflammatory, antioxidant, cruciferous veggies in particular may help lower risk of cancer and heart disease



## HEALTH BENEFITS

Anti-Inflammatory, antioxidant, may help improve brain function, may help lower risk of heart disease, neurological disorders, type 2 diabetes and certain cancers



## HEALTH BENEFITS

Anti-Inflammatory, antioxidant, may help lower risk of heart disease, colon cancer and other cancers

## Healthy Food. Healthy You.