

A Rainbow of Healthy Eating

Red Vegetables

Strong source of beta-carotene, which can prevent cancer and skin disorders.

Loaded with folate to increase heart health.

Green Vegetables

Rich in fiber for digestion, blood pressure, and cholesterol levels.

Provide vitamin E to improve eye health.

Orange Fruits

Rich in fiber for digestion, blood pressure, and cholesterol levels.

Excellent source of vitamin C for skin health.

Blue & Purple Fruits

Full of antioxidants to help fight disease.

Eliminate inflammation throughout the body.

Prevent heart disease.

Yellow Fruits

Offer a boost of fiber for digestion, blood pressure, and cholesterol levels.

Powerful potassium levels for heart and bone health.

White Vegetables

Offer phytochemicals that can help to prevent cancer and other health conditions.

High vitamin C levels to improve skin health.

Stop by the front desk at the Wellness Center for a fruit of the week in September!

Plumbers Local 130 UA Wellness Center
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