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!

Source: WebMD.com, ChooseMyPlate.gov