

Eat the Rainbow!

Add the colors of the rainbow to your diet



Eat a variety of fruits and veggies every day for good health. Why? Every color does something different to keep our bodies strong.

All the colors together can help:

- Lower your risk of some cancers
- Keep your heart healthy
- Maintain a healthy body weight

Red – Antioxidants linked to protecting against prostate cancer and heart and lung disease.

Examples: tomatoes, watermelons, red bell pepper, strawberries

Orange/Yellow – Vitamin C and beta-carotene promote eye health and immune health.

Examples: carrots, oranges, sweet potatoes, bananas and pineapple

Green – Fiber and vitamin K which helps support bone health, improved cognitive function and reduced risk of some cancers.

Examples: spinach, green grapes, avocado, asparagus, kale and leafy greens

Blue/Purple – Anthocyanins linked to encourage heart health, fight the effects of aging and help to protect and repair cells

Examples: eggplant, blueberries, plums, blackberries, prunes, purple cabbage

Strawberry Pepper Salsa



Ingredients

- 2 cups chopped strawberries
- 1/2 thinly sliced red onion
- 1 diced jalapeno pepper
- 1/2 chopped red pepper
- 1/2 chopped orange bell pepper
- 2 tablespoons lemon juice
- 1 tablespoon vegetable oil
- Salt, pepper and cilantro to taste

Instructions

1. Combine all ingredients in a bowl and mix well.
2. Serve and enjoy!
3. Refrigerate leftovers.

YOUR NUTRITIONISTS



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