Eat the Rainbow!

Which colors do you eat the most? Eating a variety every day helps your body stay healthy. **Red Foods** » Keep your heart healthy » Keep your bladder healthy » Keep your memory strong Yellow & Orange Foods » Lower your chance of » Keep your heart healthy getting cancer » Keep your eyes healthy » Lower your chance of RED CABBAGE | STRANBER getting cancer » Keep you from catching colds VELLOW PEPPERS WALE HONEYDEW | Green Foods » Lower your chance of getting cancer » Keep your eyes healthy » Keep your bones and teeth strong NEC 17000008 | BROCCOLI CABBY PRUNES / PURPLE TO THE STATE OF RAISINS Blue & Purple Foods » Stay healthy as you age » Keep your memory strong PURPLE CABBAGE » Keep your bladder healthy » Lower your chance of getting cancer Fresh HEALTHY LIVING

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