

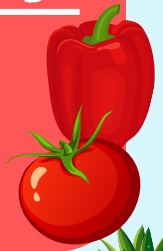
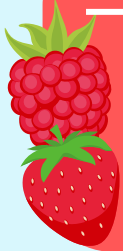
TASTING THE RAINBOW



RED foods contain LYCOPENE = protects cells from damage

FRUITS & VEGETABLES

- Strawberries
- Raspberries
- Cranberries
- Watermelon
- Apples
- Grapes
- Cherries
- Pomegranates
- Tomatoes
- Red Bell Peppers
- Beets
- Red Cabbage
- Red Radishes
- Red Onions



ORANGE & YELLOW foods contain BETA-CAROTENE, BETA-CRYPTOTHANXIN, & LUTEIN = protects and improves eye function

FRUITS & VEGETABLES

- Pineapple
- Oranges
- Apricots
- Mango
- Peaches
- Banana
- Carrots
- Sweet Potatoes
- Winter Squash
- Yellow & Orange Bell Peppers
- Corn
- Pumpkins



GREEN foods contain ISOTHICYANATES, INDOLES, & SULFORAPHANE = calms inflammation in your body

FRUITS, HERBS, & VEGETABLES

- Kiwi
- Avocado
- Thyme
- Basil
- Sage
- Mint
- Rosemary
- Spinach
- Broccoli
- Kale
- Brussel Sprouts
- Cabbage
- Artichoke



BLUE & PURPLE foods contain ANTHOCYANINS = improves memory and overall brain health

FRUITS & VEGETABLES

- Blueberries
- Blackberries
- Figs
- Plums
- Prunes
- Eggplant
- Purple Cabbage
- Purple Cauliflower
- Red Onions
- Red Radish



WHITE & BROWN foods contain ALLICIN = anticancer & lowers blood pressure

FRUITS & VEGETABLES

- Apples
- Coconut
- Pears
- Jicama
- Lychee
- Dates
- Onions
- Mushrooms
- Radish
- Cauliflower
- Shallots
- Daikon
- Turnips
- Garlic
- Leeks
- Parsnips

