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COLOR YOUR DIET HEALTHY!

What you eat and drink affects your health.



Eating fruits & vegetables of every color every day helps your health in many ways!

 Immune system	 Healthy heart	 Healthy heart	 Healthy heart	 Healthy heart	 Improves digestion
 Healthy colon	 Lowers cholesterol	 Immune system	 Decr. blood pressure	 Healthy blood vessels	 Supports eyesight
 Prevents ulcers	 Healthy joints/tissues	 Skin protection	 Skin protection	 Helps memory	 Healthy bones
 Lowers cholesterol	 Supports eyesight	 Supports eyesight	 Helps cell renewal	 Anti-aging	 Immune system
 Healthy heart	 Healthy skin	 Antioxidant rich	 Prevents cancer	 Healthy urinary system	 Prevents cancer

Your health and wellness center offers no- or low-cost lab testing that can show you how your diet may be affecting your health. You can also learn nutrition tips and tricks to encourage healthy eating and drinking, which can help prevent chronic health conditions related to diet. To learn more, contact your care team today!

