

September 2016

# Fruits & Veggies

More Matters

## Eat a Rainbow

Each color has different nutrients and benefits including heart health

Try to eat a variety of colors

WIC is an equal opportunity employer and provider

Red

- Decreases blood pressure
- Skin protection
- Helps cell renewal
- Prevents cancer

Prevents cancer

Healthy skin

Supports immune system

Supports eyesight

Orange

Healthy joints & tissues

Lowers cholesterol

Healthy heart

Supports eyesight

Prevents cancer

Improves digestion

Prevents cancer

Healthy bones

Supports immune system

Supports eyesight

Green

Healthy blood vessels

Helps memory

Healthy urinary system

Anti-aging

Supports immune system

Healthy colon

Prevents ulcers

Lowers cholesterol

White