

# FIND YOUR SUPERPOWERS!



**ADD MORE FRUITS & VEGETABLES TO YOUR LIFE AND DISCOVER THE POWER OF COLOR!**

Did you know that certain fruits and vegetables have **SUPERPOWERS**? They come in many colors and can help you maintain a healthier weight, boost your energy, and add vitamins and minerals to your diet. Some may also help lower your risk of cancer, high blood pressure, and other chronic diseases. Add a rainbow of colorful fruits and vegetables to your life and discover your own superpowers!

## **RED** HEART STRONG!



Red fruits and vegetables, such as tomatoes, red bell peppers, radishes, rhubarb, and strawberries, can pack a punch when it comes to fighting colds, some cancers, and heart disease. They can also aid in relieving symptoms of rheumatoid arthritis.

## **ORANGE/YELLOW** AIDS EYESIGHT!



You won't have X-ray vision, but you can have improved eyesight and a healthier heart by adding carrots, apricots, cantaloupe, papayas, peaches, sweet potatoes, and other oranges and yellows to your diet. They may also help prevent high blood pressure and promote healthy joints and bones.

## **GREEN** BOOSTS IMMUNE SYSTEM!



Avocados, asparagus, broccoli, greens, peas, and other green fruits and vegetables can boost the immune system – potentially reducing cancer risks – and they're important for digestion, too.

## **BLUE/PURPLE** SLOWS THE AGING PROCESS!



Stay young with blueberries, eggplant, plums, prunes, raisins, grapes, blackberries, and other blue and purple produce, which are rich in anti-oxidants that can provide anti-inflammatory and anti-aging benefits.

## **WHITE** DISEASE FIGHTERS!



White is the good guy, especially when it comes to cauliflower, garlic, onions, turnips, white corn, jicama, mushrooms, bananas, and parsnips. These super heroes can help lower blood pressure and cholesterol and reduce the probability of stomach cancer and heart disease.



**FIND MORE INFORMATION, RECIPES, AND RESOURCES AT**

**LiveAMoreColorfulLife.org**