



**NURTURE**

[www.nurtureyourfamily.org](http://www.nurtureyourfamily.org)

**RED**



- Helps build a healthy heart
- Improves memory and brain function

Revised August 2013

# BLUE AND PURPLE



- Promotes healthy aging
- Protects cells and reduces the risk of cancer

# GREEN



- Promotes good vision



- Helps build strong bones and teeth

# YELLOW AND ORANGE



- Promotes good vision



- Helps build a strong immune system

# WHITE



- Helps build a healthy heart

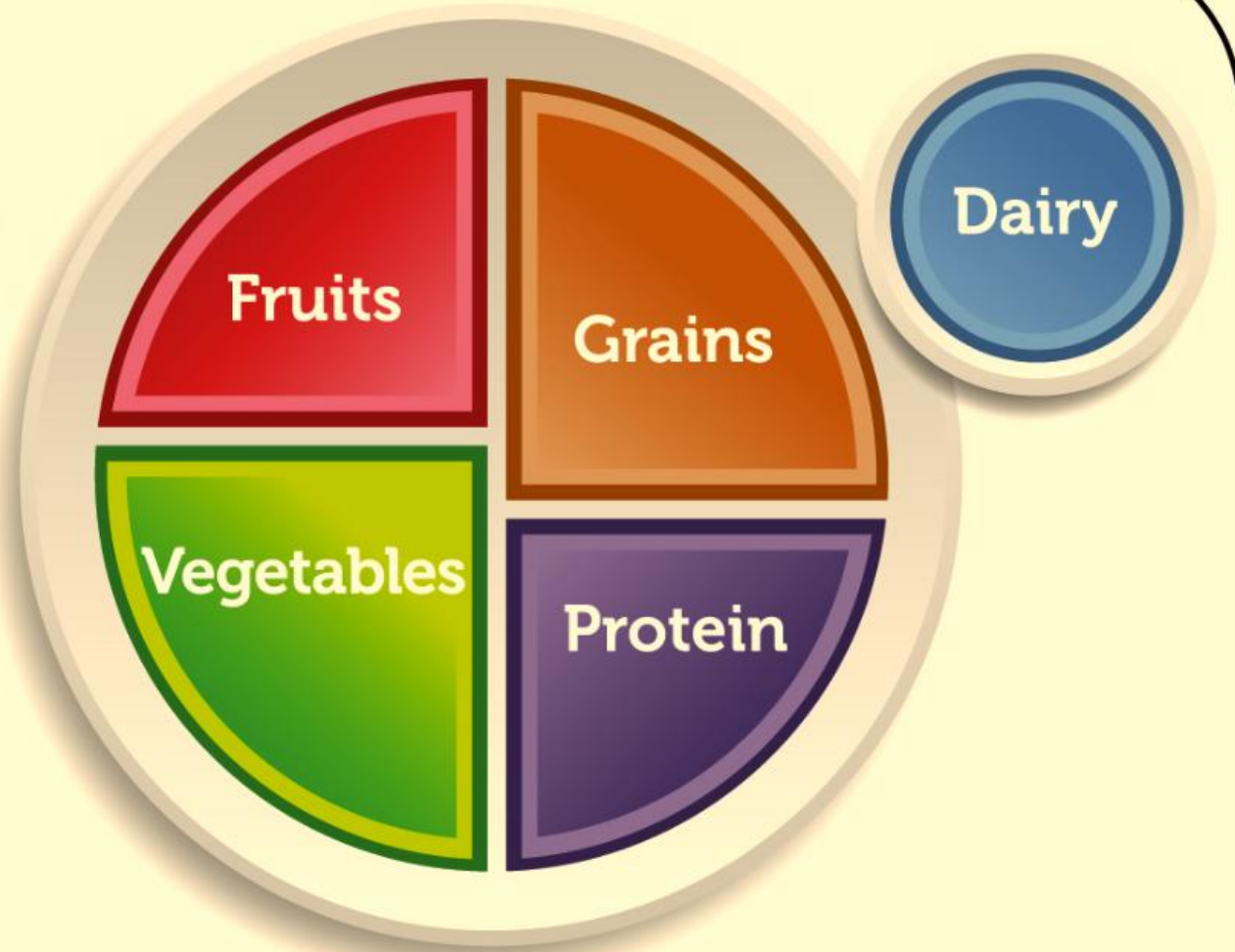


- Protects cells and reduces the risk of cancer



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Photo courtesy of Lori Stalteri

# Eat a Rainbow!



Photo courtesy of Horia Varlan