



# RED



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



# 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



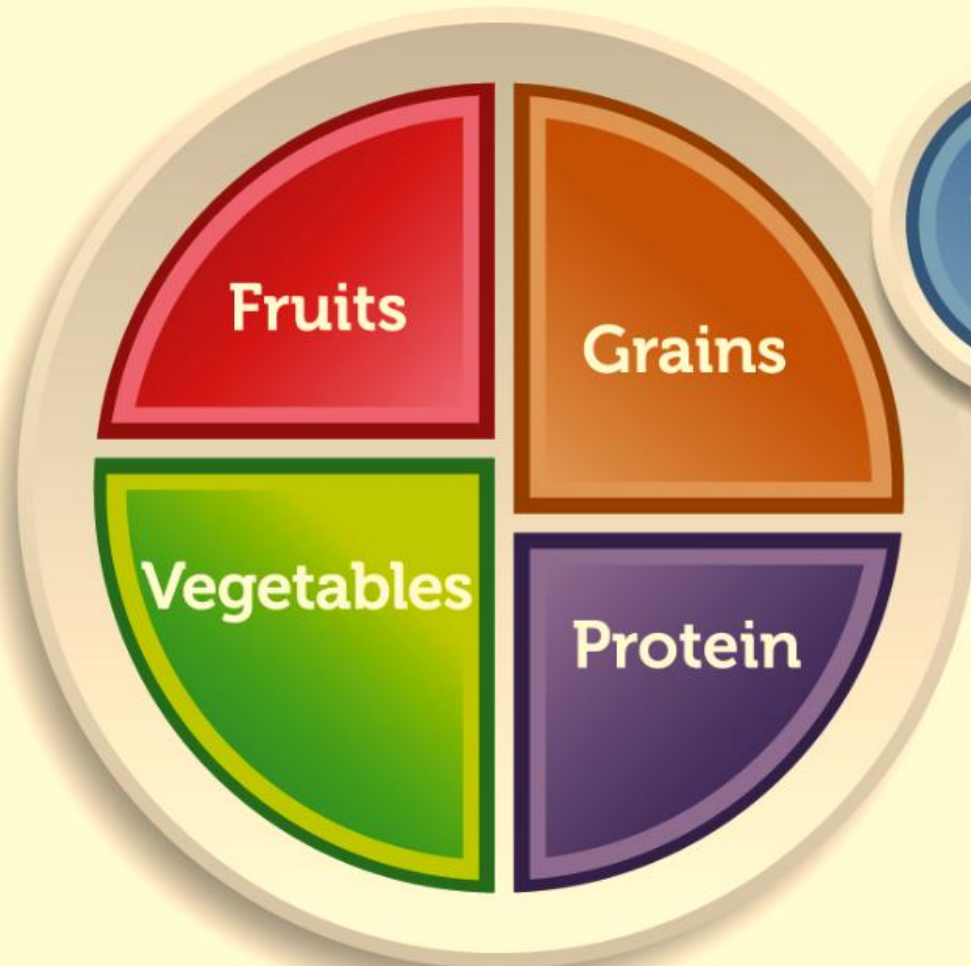
# WHITE



- Helps build a healthy heart



- Protects cells and reduces the risk of cancer



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# Eat a Rainbow!

