

A Colorful Diet, A Healthier You

The saying “you are what you eat” rings truer than ever. By incorporating a rainbow of colors into your daily meals, you can nourish your body with essential vitamins, minerals, and antioxidants.

The Power of Color

- **Red:** Rich in heart-healthy nutrients like lycopene, red fruits and vegetables can help reduce the risk of heart disease and certain cancers.
- **Purple and Blue:** These vibrant hues are packed with antioxidants, which can help protect cells from damage and slow down aging.
- **Green:** Green foods are excellent sources of fiber and antioxidants, promoting digestive health and reducing the risk of chronic diseases.
- **Orange and Yellow:** These bright colors signify the presence of beta-carotene, a powerful antioxidant that supports eye health and immune function.
- **White, Tan, and Brown:** These understated colors offer a variety of nutrients, including potassium and fiber, which can benefit heart health and digestion.

By making a conscious effort to include a variety of colorful fruits and vegetables in your diet, you can take a significant step towards improving your overall health.



We’re committed to your health. Contact us today for more information.



ADS



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The Advanced Diabetes Supply Group



Advanced Diabetes Supply
Website: www.advanceddiabetessupply.com
Patient Support: 1-866-422-4866
Email: customer care@northcoastmed.com



US MED
Website: www.usmed.com
Patient Support: 1-877-840-8218
Email: customerservice@usmed.com