

MAKE A RAINBOW

at the SALAD BAR

RED

Lycopene and anthocyanins!

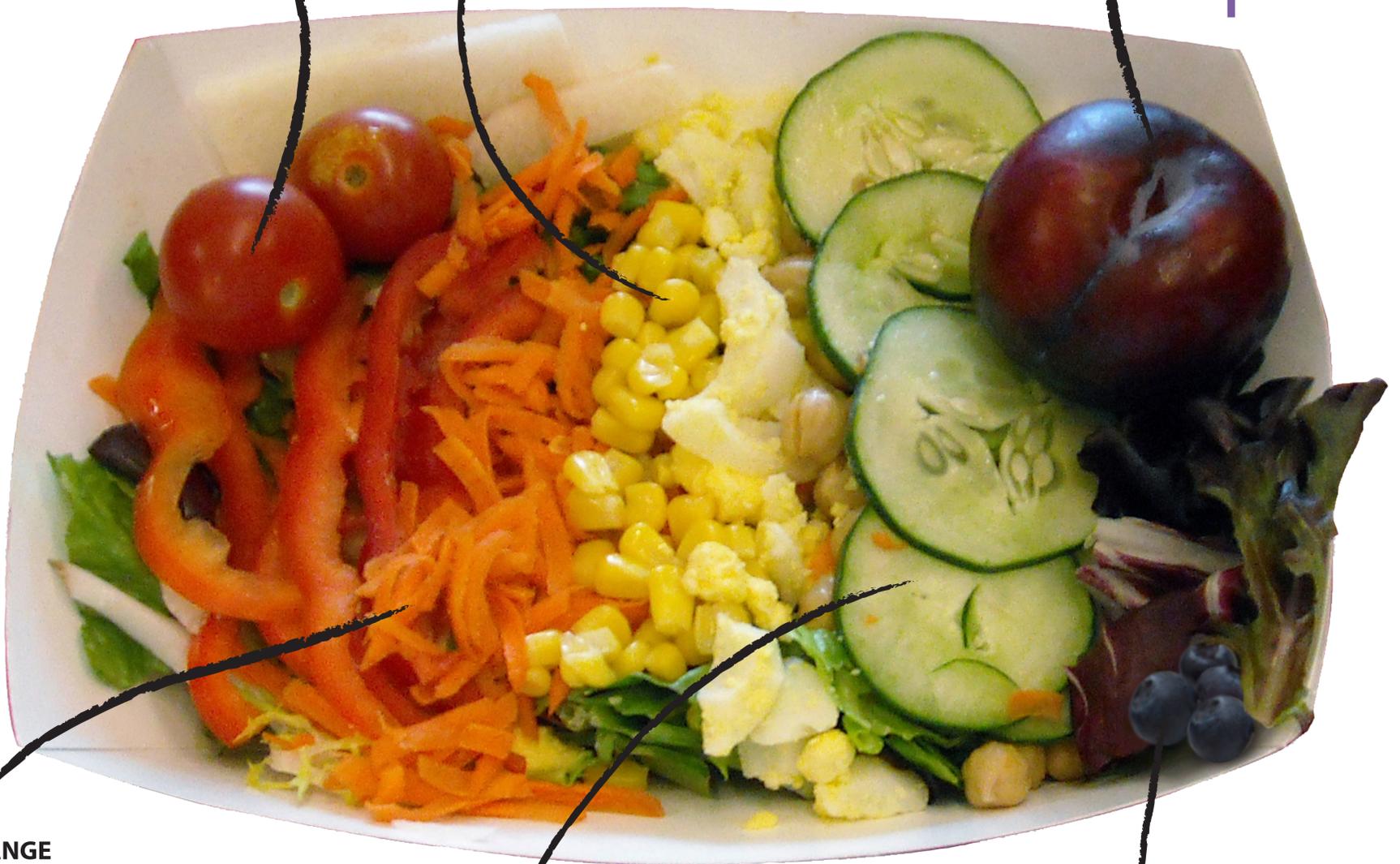
The delicious variety of red fruits and veggies can prevent cancer and help keep you from getting sick.

YELLOW

Eat yellow for antioxidants and an abundance of Vitamin C. Eating yellow also helps to maintain healthy skin and strengthens bones and teeth.

PURPLE

Purple colored fruits and veggies can help reduce your risk of getting a number of life-threatening diseases.



ORANGE

Lots of antioxidants!

Vitamin C and beta carotene (vitamin A) galore. Fight off those colds and help out your eyes.

GREEN

So many veggies are green!

Lots to choose from and lots of nutrients to gain. Eat **dark** leafy greens for your heart and eat broccoli and zucchini for reducing your chance of getting cancer.

BLUE

Blueberries. The magical fruit that helps improve your memory and aid in brain function.