



## RED to support heart health and memory

Roselle

Tomato

Strawberries

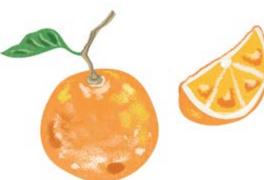
Watermelon

Dragon fruit
Guava
Mamey sapote
Pomegranate
Radishes
Red pepper

Beets

## **ORANGE** for healthy eyes

Carrots Mango Oranges Papaya Pumpkin Squash Sweet potato Tangerines



# YELLOW to support the immune system

Bananas and
Plantains
Canistel
Corn
Grapefruit
Jackfruit
Passionfruit

Squash
Starfruit
Yellow pepper
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Pineapple

## **GREEN** for strong bones

Avocado
Broccoli
Callaloo
Collards
Cucumbers

Green beans

Green pepper Kale Okra Zucchini Peas





## **BLUE** for healthy brain

Blackberries	
Blueberries	

#### **PURPLE to fight inflammation**

Caimito	
Eggplant	
Mulberries	
Turnips	