



EAT THE RAINBOW!

No bad foods. Nature created all the colours for us to try! Which 3 colours will you eat today?

Boost immunity!

High fiber

Feel good!

White + Brown often helps with: Gut + Healing

Folate

Vitamin C

Phyto-nutrients

Green often helps with: Brain wellness

Vitamin K

Vitamin C

Anti-Oxidants

Blue + Purple often helps with: Cell defense

Anti-oxidants

Phyto-nutrients

Vitamin C

Red often helps with: Heart health

Vitamin A

Vitamin C

Potassium

High Fiber

Yum!

Yellow + orange often helps with: Eyes, skin, hair