Eat Your Colors Everyday!!!

**Benefits of the color red:**
- Heart health
- Memory function
- A lower risk of some cancers
- Urinary tract health

**Benefits of the color purple:**
- A lower risk of some cancers
- Urinary tract health
- Memory function
- Healthy aging

**Benefits of yellow and orange:**
- A healthy immune system
- Infection prevent
- A lower risk of some cancers
- Heart health
- Vision health

**Benefits of the color white:**
- Healthy heart
- Lower cholesterol level
- A lower risk of some cancers

**Benefits of the color green:**
- Strong immune system
- Infection prevent
- Healthy vision
- A lower risk of some cancers
- Strong bones and teeth