



# **NOAH NEWS**

## **EXCITING DISCOVERY**

Scientists discover the secret to staying healthy and fit as we age...

Eat 5 to 9 servings of **colorful**  
Fruits and vegetables each day!  
5 A Day the Color Way

Eating broccoli, cauliflower, and Brussels sprouts add green and white color to your diet and helps to maintain:

**A lower risk of some cancers**  
**Vision health**  
**Strong bones and teeth**  
**Heart health**  
**Healthy cholesterol levels**

