

NOAH NEWS

EXCITING DISCOVERY

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



Eat 7 to 10 servings of **colorful**
Fruits and vegetables each day!

Think Variety, Think Color

Eating citrus fruits add **yellow/orange** and **red** color to your diet and helps to maintain:

A healthy heart
Vision health
A healthy immune system
A lower risk of some cancers
Memory function
Urinary tract health