

NOAH NEWS

EXCITING DISCOVERY

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



Eat 5 or more **colorful**
Fruits and vegetables each day!
5 A Day the Color Way

Eating berries adds **blue/purple** and **red** color to your diet and helps to maintain:

A lower risk of some cancers
Urinary tract health
Memory function
Healthy aging
A healthy heart

