



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 a variety of frozen and canned fruits and vegetables can bring all the colors into your diet.

Each of these colors represent a color of health:

Blue/Purple:
A lower risk of some cancers
Urinary tract health
Memory function
Healthy aging

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

White
Heart health
Healthy cholesterol levels
A lower risk of some cancers

Green
A lower risk of some cancers
Vision health
Strong bones and teeth

Yellow/Orange
A healthy heart
Vision health
A healthy immune system
A lower risk of some