

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 Color, Think Variety

Eating beans adds white and red color to your diet and helps to maintain:

Heart health
Healthy cholesterol levels
A lower risk of some cancers
Memory function
Urinary tract health

