



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 onions and garlic add 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

