

BALANCED LIFE

WHOLE-HEALTH PROGRAM

EAT THE RAINBOW

COLOR

BENEFITS

PLANT SOURCES

RED



- ✓ Anti-inflammatory support
- ✓ Blood pressure reduction
- ✓ Cancer prevention
- ✓ Improved heart health
- ✓ Improved skin health
- ✓ Improved urinary health

- Cherries
- Cranberries
- Pomegranates
- Rhubarbs
- Strawberries
- Tomatoes
- Watermelons

ORANGE/ YELLOW



- ✓ Alkaline balance
- ✓ Antioxidant action
- ✓ Digestive support
- ✓ Immune support
- ✓ Improved skin health
- ✓ Vision support

- Bell peppers
- Butternut squash
- Corn
- Mangoes
- Papayas
- Peaches
- Pumpkins

GREEN



- ✓ Antioxidant action
- ✓ Cancer prevention
- ✓ Improved bone health
- ✓ Improved heart health
- ✓ Improved mood

- Asparagus
- Avocados
- Broccoli
- Kiwi
- Leafy greens
- Limes

BLUE/ PURPLE



- ✓ Anti-aging effects
- ✓ Antioxidant action
- ✓ Digestive support
- ✓ Immune support
- ✓ Improved brain health
- ✓ Improved skin health

- Blueberries
- Eggplants
- Endives
- Figs
- Plums
- Purple cabbages

WHITE/ TAN



- ✓ Cancer prevention
- ✓ Cholesterol reduction
- ✓ Hormone balance
- ✓ Immune support
- ✓ Improved heart health

- Cauliflower
- Dates
- Ginger
- Onions
- Parsnips
- Pears

