

EATING NATURE'S RAINBOW

Colorful fruits and vegetables are not only visually pleasing, but have many health benefits for our bodies.

Catch the Rainbow Series

austintexas.gov/healthpromotions



VITAMINS & MINERALS

- B6
- A
- C
- POTASSIUM
- ANTIOXIDANTS

BENEFITS

- Reduce risk of heart disease & stroke
- Helps fight cancer
- Reduce risk of diabetes
- Helps with skin health
- Reduce risk of macular degeneration (eye disease)



Fruit and vegetables are highly nutritious complex carbohydrates, packed with fiber and an abundance of vitamins and minerals.

1 1/2 - 2 cups of fruit per day
2 - 3 cups of vegetables per day

