

TIP OF THE WEEK



Color Your Plate!

Pack more nutrition into your meals by enjoying a variety of color. Did you know that different nutrients make up the rainbow of color in fruits and vegetables?

The anthocyanins that turn blueberries blue can also keep your mind sharp.

The lycopene that turns raspberries and tomatoes red may also help protect against cancer and heart disease.

The beta carotene that makes oranges and sweet potatoes orange can help keep your eyes healthy and boost your immune system.

Eat a variety of color every day to keep your body healthy and strong.

**LivingWell**
make it a priority

THE UNIVERSITY of TEXAS SYSTEM