Eat these colors for better health!

RED for a healthy heart, improved memory, enhanced immunity, better digestion, lowered risk of some cancers, urinary tract health

PURPLE for cancer prevention, urinary tract health, improved memory, healthy aging, reduced inflammation, heart health, better blood circulation

YELLOW/ORANGE for a healthy immune system, prevention of infection, lowered risk of some cancers, cardiovascular health, vision health

WHITE for heart health, lowered cholesterol and blood pressure, lowered risk of some cancers

GREEN for a strong immune system, infection prevention, vision health, lowered risk of some cancers, strong bones and teeth