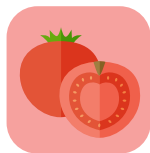
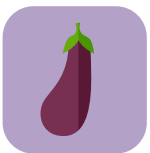
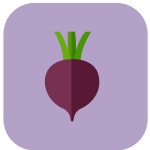
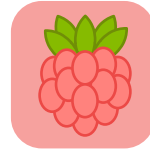
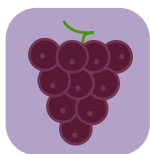




Rainbow Produce

CHALLENGE

For 10 days, eat a total of 15 servings of fruit and vegetables. Vary your produce by eating at least 3 servings of each color shown below.



Different colored produce contains different health-boosting nutrients that can help lower blood pressure, promotes a healthy immune system, and more. Eating a variety of fresh fruit and vegetables provides the body with a vast range of vitamins, minerals, and antioxidants.