

# Wellness Buddy Wednesday Tip



## Paint Your Plate!

Powerful defenses are resting quietly and patiently in the produce section of the grocery store and your local farmers market. These potent, often overlooked, superheroes are the **COLOR** in your meals and snacks!

Typically, Americans eat only 1 ½ servings of fruits and vegetables each day. Research has repeatedly shown the risk of cancer can be cut by 50% by eating **MORE** fruits and vegetables.

A significant component of cancer prevention appears to be secreted in the element of fruits and vegetables we've come to know as phytochemicals. You know, the chemicals that **FIGHT** -"phyt"- diseases waiting to attack us.

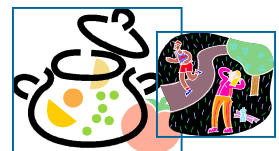
Foods high in phytochemicals are the same that provide you with vitamins, minerals and fiber. Broccoli, cauliflower, oranges, grapefruits, red onions, cherries and red peppers are just a few.

Choose a different color to concentrate on each day. Or, freeze chunks of banana or washed grapes, and enjoy them as a snack. Try a new vegetable or fruit you've never tried before, like star fruit, radishes, or kale. Keep dried fruit, like raisins, dried raspberries or dried apricots in your car or desk for a quick snack.

Think **COLOR** for at least ½ your plate!

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