

# FRUITS & VEGGIES

## Colour Chart

### RED

Improves heart health, supports the immune system, reduces inflammation and the risk of certain cancers.



### ORANGE & YELLOW

Maintains vision, boosts immune function, supports healthy skin and improves cardiovascular health.



### GREEN

Helps to detoxify the body, supports blood flow, improves digestive health and increases energy levels.



### BLUE & PURPLE

Improves skin health, offers cardiovascular and anti-aging benefits, and may inhibit the growth of cancer cells.



### BROWN & WHITE

Supports digestion and immune function, reduces inflammation, and protects against infections.

