

Colors of Health

Eat these 5 hues every day to get all the age-fighting antioxidants you need.



The secret to youthful skin, healthy bones, sharp memory, and disease prevention can be found in your fridge. The more colorful your diet, the more antioxidants you get. These compounds reduce overall cellular damage and prevent the hardening of the arteries that can lead to heart disease, stroke, even memory loss. Every hue, green, yellow, orange, red, purple, and even white, signifies a different class of nutrients, each of which offers a unique benefit. For instance:

1. Yellow/Orange

Sweet potatoes, carrots, pumpkin, mango, corn, and melon all contain a variety of carotenoids, which reduce the risk of developing cancer.

2. Green

Vegetables such as spinach and broccoli are high in lutein, which keeps your vision sharp and clear.

3. Blue/Purple

Blueberries and blackberries are chock-full of anthocyanins, which prevent tumors from forming and suppress their growth.

4. Red

Tomatoes and watermelon are loaded with lycopene, which may protect against cancer and heart disease.

5. White

Cauliflower offers the same cancer-fighting benefits as broccoli, its cruciferous cousin, and potatoes are a good source of vitamin C. There's also some evidence that the sulfur compounds in garlic and onions may ward off stomach and colon cancers. Other white foods, like poached chicken, seafood, reduced-fat cheeses, eggs, and tofu, provide all-important protein.

For a true age-defying eating plan, mix and match these colors to ensure variety at every meal. Research indicates that antioxidants can work together like a team, each boosting the other's effects.

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