

Health & Nutrition Tips

EATING THE RAINBOW



ALL COLORS OF THE RAINBOW

Fruits and vegetables come in **all the colors of the rainbow**, and white ones such as mushrooms, onions and cauliflower also provide nutritional value.

WIDE RANGE OF ESSENTIAL VITAMINS AND MINERALS

Fruits and vegetables provide a **wide range of essential vitamins and minerals**. Eating more fruits and vegetables can help with weight management and can help **reduce your risk of cancer and heart disease**.

SEASONAL FRUITS AND VEGETABLES

To get the most fruits and vegetables for your money, check out the store grocery ads for **seasonal fresh fruits and vegetables**. Compare prices of **fresh, frozen, dried and canned fruits and vegetables**.