

COLORFUL BENEFITS

Different colors have different benefits:

RED

TOMATO, RADISH, BEET, CRANBERRY. RED PEPPER, WATERMELON

ORANGE YELLOW) • • **=**

GRAPEFRUIT, SWEET CORN, **BUTTERNUT** SQUASH, PAPAYA, CARROT, LEMON

BROCCOLI, LIME, KIWI. CUCUMBER. SPINACH. **GREEN APPLE** **PURPLE BLUE**

FIG, PLUM, **PURPLE** GRAPE. RED ONION, **BLUEBERRY**

EGGPLANT,

Regulates blood **Clears** bloodstream pressure and relieves **Contains** of free radicals **Relieves** inflammation phytochemicals and boosts immune fatigue that promote system healthy vision Wards off heart disease and Low in calories lowers cholesterol and contains zero grams of fat **Strengthens Strong immune** immune system booster and helps and fights cancer fight cancer **Promotes tissue Decreases risk of** diabetes, asthma, repair and fights against microbial cancer and heart infections diseases **Combats common Contains three** cold and reduces Helps Limits **Helps** restore times as many blood pressure fight cholesterol vision and antioxidants and is a good cancer lowers risk of

THREE WAYS TO HELP YOU EAT MORE FRUITS AND VEGETABLES:

heart disease

PLEDGE

Make one fruit or vegetable part of every meal or snack

GET **CREATIVE**

Try a new fruit or vegetable each week

SNEAK IT IN

source of fiber

as wine or

green tea

Find new ways to sneak in at least one fruit or vegetable into every meal or snack

of employees report eating **5** servings of fruits and vegetables daily

73%

of employees reported they wanted to eat more

Better Every Day. SAN FRANCISCO HEALTH SERVICE SYSTEM

SAN FRANCISCO

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