

TotalHealth™ Horizons

A Quarterly Newsletter for ABB Retirees

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a palette of produce

NATURE HAS PROVIDED US WITH DOZENS OF DELICIOUS, BRIGHTLY colored fruits and vegetables — so many that we could eat five servings each day for a week and not repeat the same food twice. But besides adding beautiful colors to your plate, do you know what these different colors mean for your body?

The hues of the fruits and vegetables you eat indicate which nutrients they provide, including vitamins; minerals; fiber; and phytochemicals, which protect against the effects of aging. In addition to giving your body the nutrients it needs to keep you strong and active, experts believe a diet that includes all colors of fruits and vegetables can prevent or postpone many diseases, including high blood pressure, stroke, diabetes, heart disease and several cancers. So, from red berries to purple eggplant, check out the chart on the next page to see a sampling of the benefits you can get from eating a rainbow of healthy produce every day.

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