

Eat A Rainbow Of Vegetables

Planning your meals around a rainbow of vegetables doesn't just make for a pretty plate. In addition to providing vitamins, minerals, and fiber, naturally colored produce contains phytochemicals that—research has shown—may play a role in supporting good health and reducing the risk of diseases such as cancer, heart disease, and high blood pressure. Different colored vegetables contain different phytochemicals, so eating a colorful range is an easy way to know that you're getting the full benefit of these power-packed nutrients.

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