

Stall Street Journal



Color Your Life



The **red** in tomatoes helps reduce risk of heart disease, prostate cancer and other types of cancer.



The **yellow** in corn protects against macular degeneration, the number one cause of blindness in elderly.



The **orange** in carrots helps prevent heart disease by lowering cholesterol.



The **green** in dark, leafy greens helps prevent cancer.



The **blue** in blueberries helps protect memory and motor function as you age, and helps fight cancer and heart disease.



The **purple** in grapes and grape juice help prevent heart disease.

For more information visit us at www.kanecountyhealth.com/coalition.htm

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