



Make each meal as colorful as you can.



- More colors in a meal generally means you have a variety of fruits, vegetables, and whole grains
- More color often indicates more nutrients

Why?

- Colorful fruits & vegetables contain phytochemicals important in fighting free radicals.
- Most of the time, the colorful veggies, fruits and dark colored grains in breads and pasta have more fiber than the alternative and high nutrient density
 - High fiber items fill the body better, have better nutrients as building blocks and have longer lasting energy source
 - Variety of foods will balance each other to produce maximum energy, build lean mass, and regulate your blood sugar levels

How?

- Should have lean protein source, some brightly colored fruits/veggies/carbs rich in fiber, & some good fat, either from olive oil or fish.
- Change white rice/bread to brown rice/bread &/or Iceberg lettuce to romaine