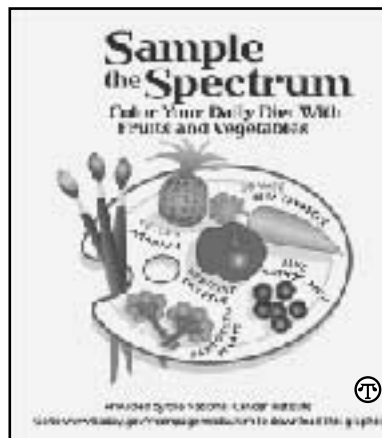


# NUTRITION NEWS

## Sample The Spectrum

(NAPS)—Here's a healthy suggestion from the National Cancer Institute's (NCI) 5 A Day Program: Get colorful. Let the bright oranges, deep reds, dark greens, blues and purples of seasonal fruits and vegetables color your diet "good for you."



**Try this rainbow palette to get five servings of produce a day: ½ cup RED tomatoes, 6 ounces ORANGE juice, ½ cup YELLOW peppers, 1 cup GREENs and ½ cup BLUEberries.**

“The more colors you see on the plate,” advises Gloria Stables, M.S., R.D., director of the NCI’s 5 A Day Program, “the more health-promoting properties you are getting from your fruit and vegetable choices.”

Aesthetics aren’t the only reason to eat the rainbow. Nutrition research shows colorful fruits and vegetables contain essential vitamins, minerals and phytochemicals that may help prevent diseases such as cancer, promote good health and help you feel great.

You can learn more and get great recipes online at [www.5aday.gov](http://www.5aday.gov).