What new foods will you try?

**Benefits common to all**
- Reduce risk of cancer and heart disease
- Promote eye, skin, hair & bone health

**Examples**
- Tomatoes, beets, red apples, radishes, red peppers, red potatoes, grapefruit, cherries, raspberries, watermelon, and strawberries

**Benefits**
- Decrease inflammation, and increase immunity

**Nutrients**
- Vitamins A, C, Manganese, and antioxidants (lycopene, quercetin)
- Vitamins C, A, B6, potassium, folate, antioxidants (beta-carotene, lutein, alpha-carotene)
- Vitamins K, B-Vitamins, folate, potassium, and antioxidants (chlorophyll, carotenoids, lutein)
- B-vitamins, and antioxidants (anthocyanins, resveratrol, flavonoids)
- Vitamins C, K, folate, potassium, and antioxidants (allcin, quercetin, anthoxanthisns)