

# foods of color

Photographs / David Barron

Photos of fruits and vegetables courtesy of:

## Whole Foods Market

465 South Arroyo Parkway, Pasadena, CA 91105



*Colors in natural unrefined food are key to a clean bill of health. The trick is to eat a wide array of fresh fruits and vegetables.*

According to Harvard School of Public Health, one should «go for a variety of kinds and colors of produce, to give your body the mix of nutrients it needs. Best bets? Dark leafy greens, cooked tomatoes, and anything that's a rich yellow, orange, or red color.»

Water-wise: drinking about 50% of one's body weight, in ounces, throughout the day is an adequate intake of fluids.

Fit-For-Life: physical activity helps food digestion and replenishes your body with essential nutrients for health and comfort.

Research / Linda Gheredi, Intern, Glendale Community College