

Fruits & Vegetables: Eat the colors of the rainbow

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We Are What We Eat: Pay The Farmer Not The Pharmacy

- August 20, 2020
- MEERA & ASHOK VASUDEVAN

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While the rainbow may not be the technically accurate description, fruits & vegetables broadly fall into five color groups. Each color is a carrier of specific phytochemicals that perform some unique functions including cell development, immune support and fighting specific diseases. How well do you know each color?

Find out more at <https://umaglobalfoods.com/blog/>