

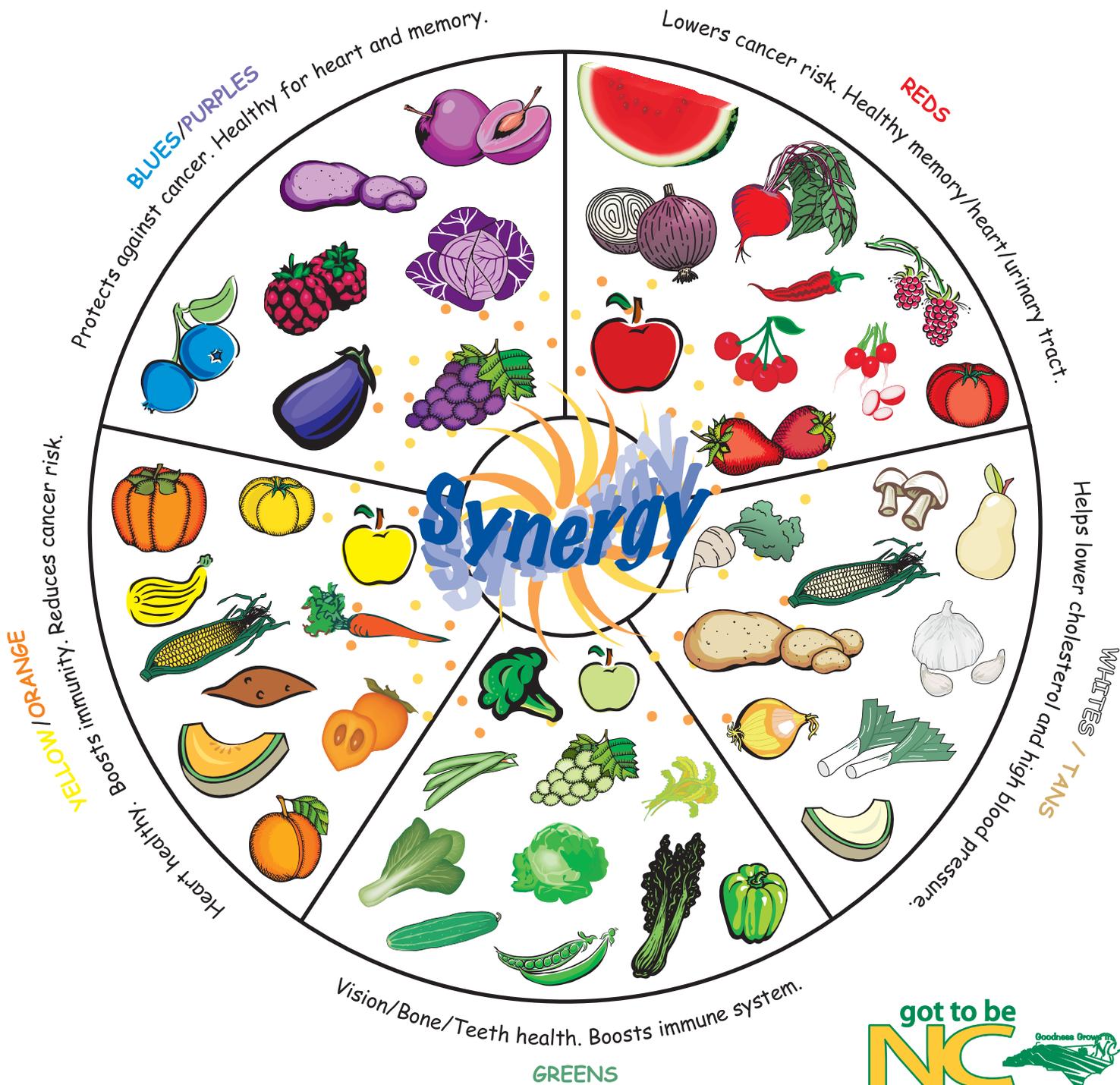
# Goodness Grows in Living Color !

All Foods Can Fit! **Color + Variety = A Healthy Diet.**

No single food is better than another. They all work together in **synergy**.

When food digests, **synergy** happens as two or more nutrients combine to do what neither could do as well by itself. Colorful fruits and vegetables contain essential vitamins, minerals, fiber, antioxidants and phytonutrients that work together to make this **nutritional synergy**.

They naturally protect and maintain our bodies and are found in varying amounts in each food. Put 5 or more colors & flavors on your plate everyday!



Courtesy of The NC Department of Agriculture & Consumer Services

[www.ncdamarkets.org](http://www.ncdamarkets.org)