

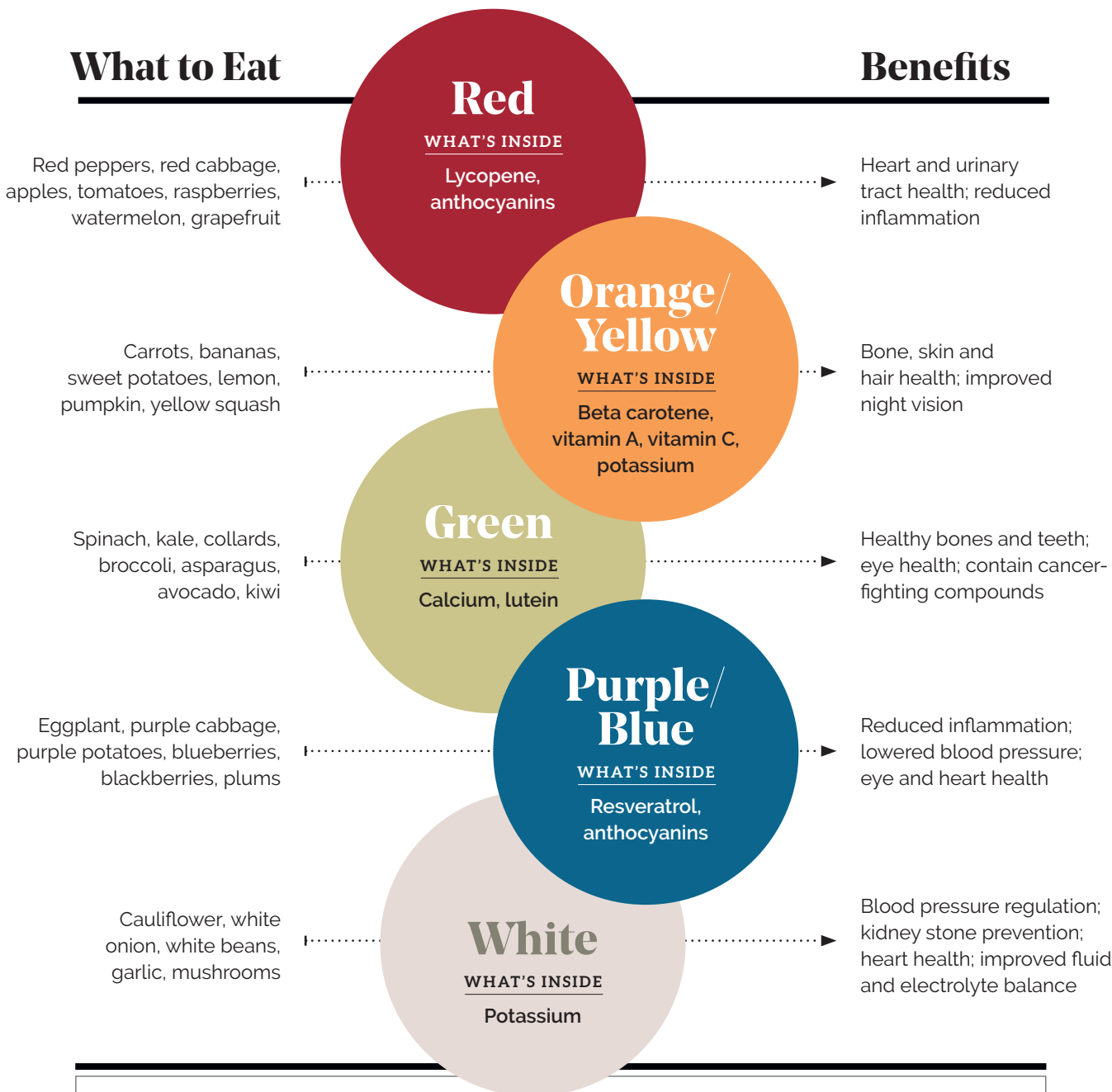
Eat a Rainbow

WANT THE MOST HEALTH BANG FROM YOUR FRUITS AND VEGETABLES?

Pay attention to color. Vegetables and fruits are nutrient-dense, generally low-calorie sources of vitamins, minerals and other building blocks essential to good health. More good news: People with bleeding disorders don't have to avoid any particular fruits and veggies for health reasons. Read on for more about the specific benefits of different colored fruits and vegetables.

What to Eat

Benefits



2½-6½

Cups a day

Depending on your age and activity level, you should eat about 2.5 to 6.5 cups of various fruits and veggies each day.

