

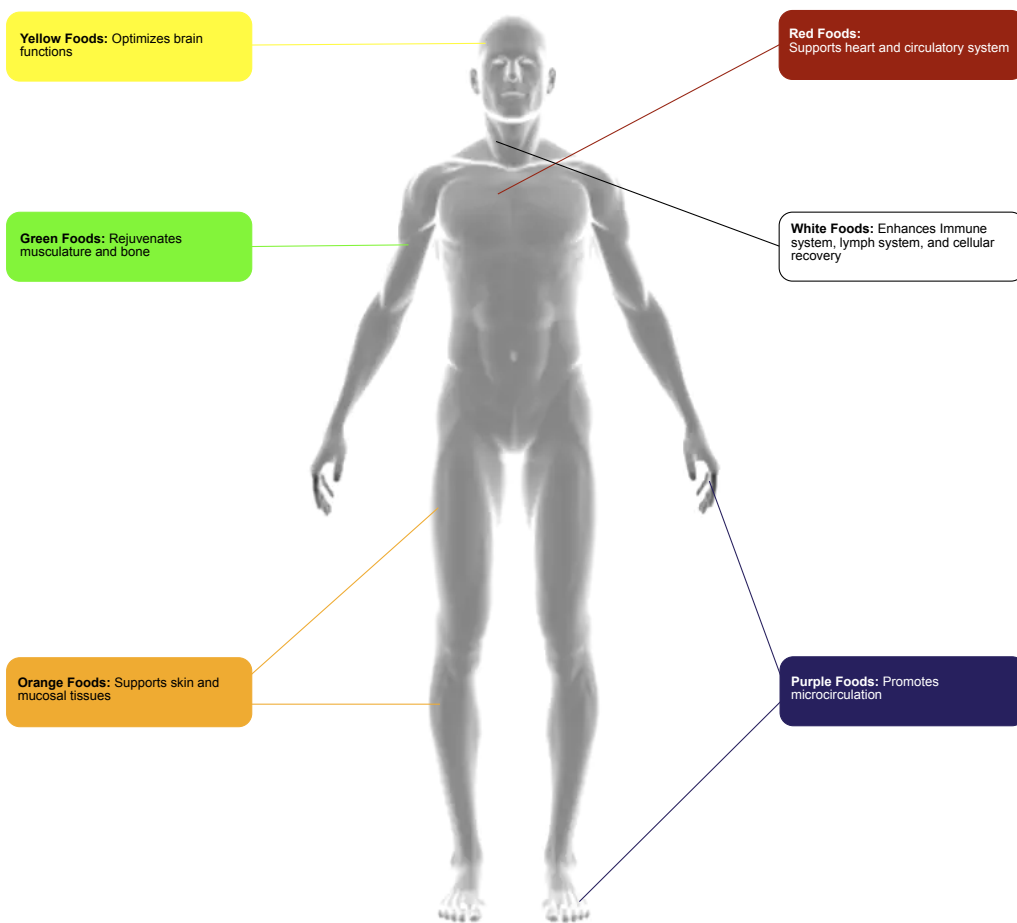
# Fuel To Feel Better. Fuel To Move Better. Fuel To Perform Better.

## EAT THE RAINBOW

### Fruits and Vegetables

- They are a great source of nutrients, antioxidants, and high fiber carbohydrates.
- Help to buffer blood pH – acidic environments break down tissue, basic environments are good for rebuilding tissue.
- Provide our body with a combination of vitamins and minerals that cannot be replicated in a supplement.
- Different colors serve different roles in the body.
- Aim for at least 3 colors at every meal.

### COLOR CODE OF RESTORATIVE NUTRITION



## EAT THE RAINBOW

### Fruits and Vegetables

- Over the course of the day strive to eat 2 servings of fruit and at least 3 servings of vegetables.
- Whole fresh fruits and vegetables are best.
- Choose produce generally in this order: Certified Organic, Organic, Locally Farmed
- Fresh squeezed fruit juice is best.
- Drink fruit juice in moderation and make sure it is 100% juice. One serving of juice is equal to 4-6 oz.

## COLOR CODE OF RESTORATIVE NUTRITION

