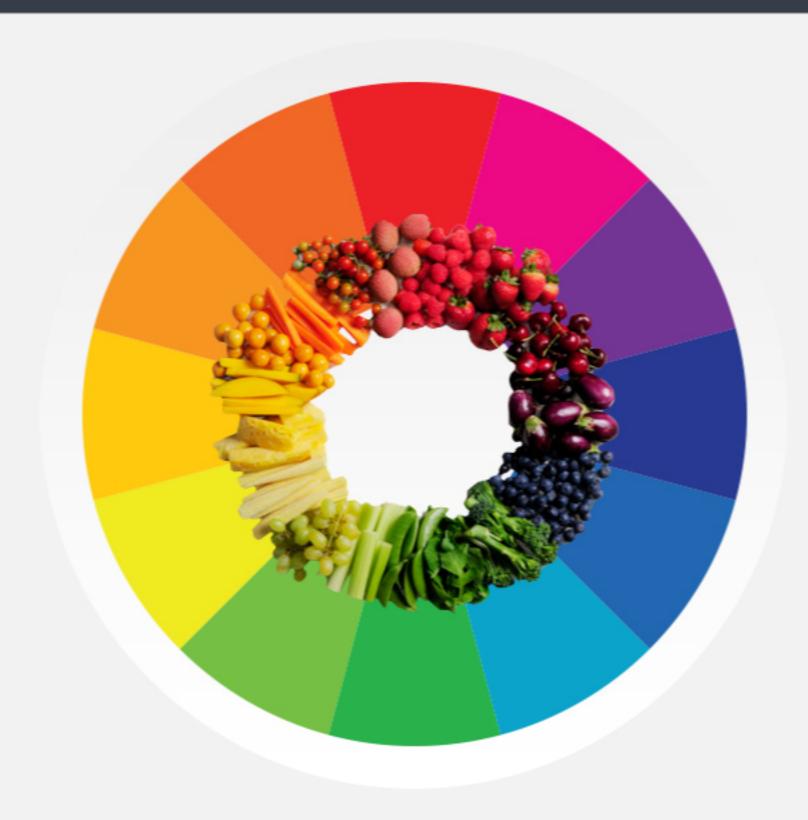


Eat Your Greens





Start taking pictures of your food and see what colors you've been eating.

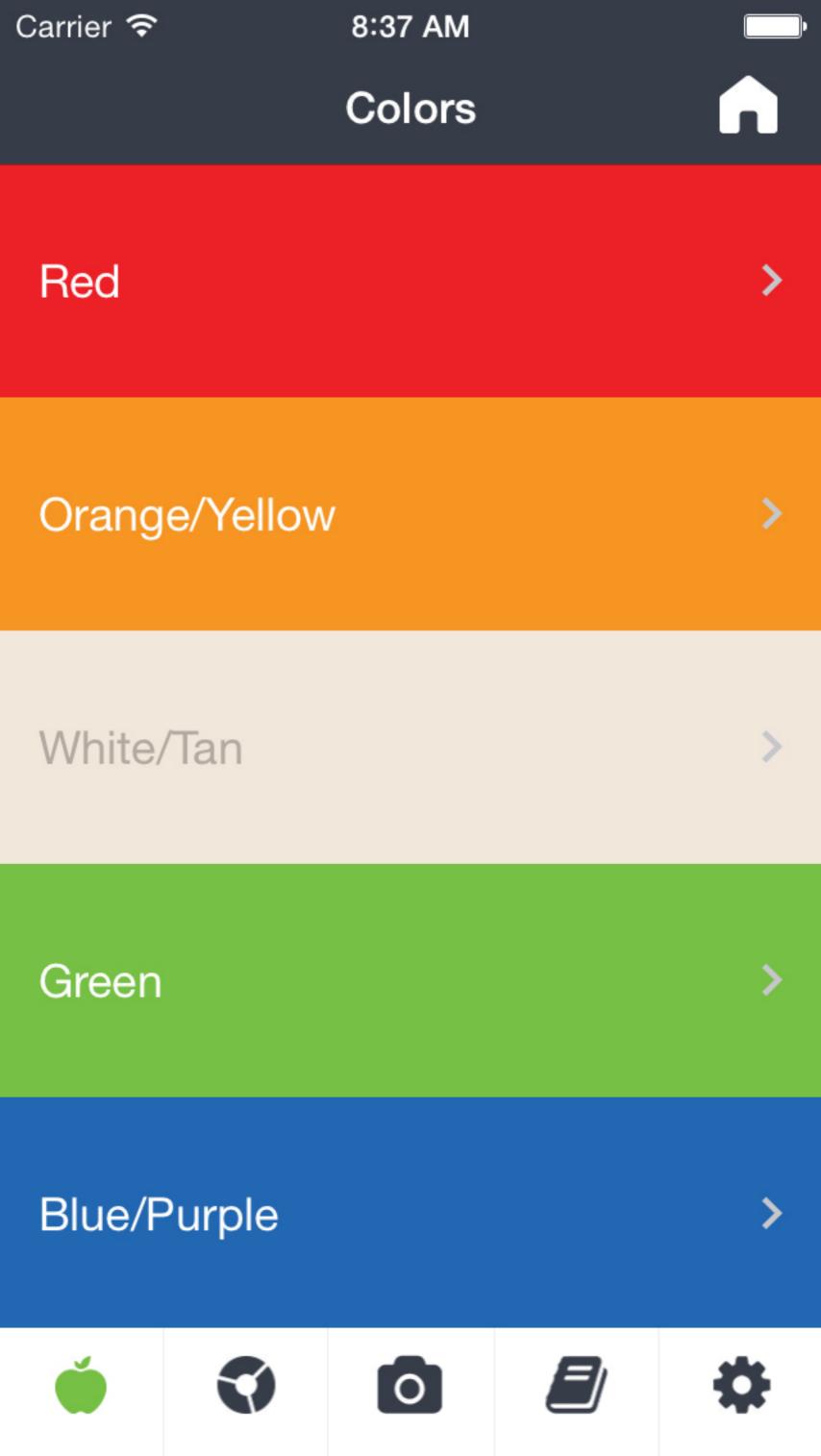














∢ Colors

Food Colors

Orange/Yellow

Orange and yellow foods are high in betacarotene (a form of vitamin A), vitamin C, and Fiber. They are great for our immune system, heart health, fighting aging, vision, and skin health.

Apricots

Butternut Squash

Cantelope

Cape Gooseberries

Carrots

Golden Kiwifruit











Settings



Select the foods you might be allergic to, or any foods you don't like. We won't send you notifications concerning those specific foods.

Red

Beets



Blood Oranges

Cherries



Cranberries

Guava

Papaya

Pink Grapefruit





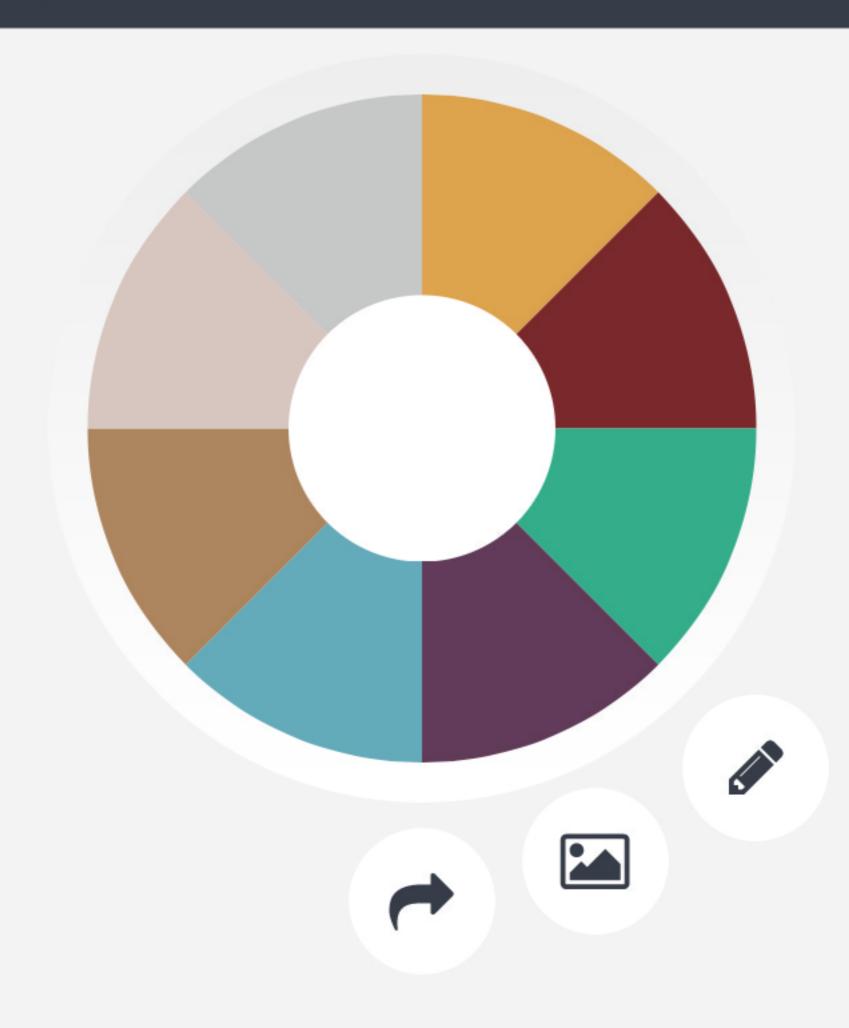








Entries



Thursday, September 4, 2014 8:39 AM









