BE TA-CAROTENE
Enhances immune system. Converted to vitamin A in the body – essential for:
- Vision
- Immune function
- Skin
- Bone health

BE TA-CRYPTOXANTHIN
May help to protect against development of rheumatoid arthritis.

HESPERITIN

YELLOW FRUIT
- ½ GRAPEFRUIT
- 1 slice PINEAPPLE
- 1 BANANA

YELLOW VEGETABLES / OTHER
- 3 tablespoons SWEETCORN
- 3 tablespoons YELLOW LENTILS
- 3 tablespoons CHICKPEAS

What can yellow foods do for you?

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