

YELLOW

FRUIT

1/2

GRAPEFRUIT



1

slice
PINEAPPLE



1

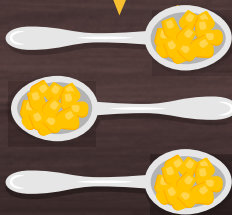
BANANA



VEGETABLES / OTHER

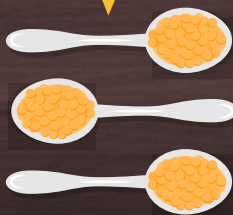
3

tablespoons
SWEETCORN



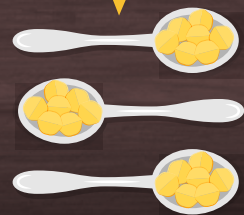
3

tablespoons
YELLOW
LENTILS



3

tablespoons
CHICKPEAS



What can yellow foods do for you?

BETA-CAROTENE

Enhances immune system.

Converted to vitamin A in the body – essential for:

Vision

Immune function

Skin

Bone health



HESPERITIN

May lower cardiovascular risk.

Acts as an anti-inflammatory.

BETA-CRYPTOXANTHIN

May help to protect against development of rheumatoid arthritis.