



It's the Holidays! Be sure
to eat reds and greens.

Need recipes? Just ask us.



Which foods are healthy foods?

Red and Green Dyes!

- Avoid like the plague
- They can give YOU allergic reactions
- They can give KIDS hyperactivity + allergies

Red and Green Foods!

- Cranberries ROCK!
- Broccoli fights cancer
- Beets save your heart
- Kale lowers cholesterol

