



# Iredell County

## Eat the Rainbow Challenge

*More fruits & vegetables*

Did you know that eating a wide variety of colors from different fruits and vegetables provides numerous health benefits? Some of those benefits are even reducing cancer and stroke risk, improving vision and better skin!

**GOAL:** Pick one unhealthy food each day to replace with a fruit or vegetable.

**APRIL 3—JUNE 25**

**CLICK HERE TO REGISTER NOW or contact  
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