



# Superfood Whole-Grain to Boost Your Metabolism and Energy



**Black Rice, Black Bean:** Contains anthocyanin that have antioxidant, anti-inflammatory and antimicrobial properties.

**Grains(Sorghum, Millet):** Excellent source of fiber, antioxidants and protein. Helps lower blood cholesterol and risk of cardiovascular diseases.

**Barley:** Rich in vitamins, minerals and other beneficial plant compounds that boost energy and support your immunity.

**Perilla:** Contains high level of linoleic acid which has antibacterial and anti-inflammatory qualities.

## 5 Colors of Fruits and Vegetables for Your Health



**RED FOOD**

Improves circulations and promotes heart health. Contains antioxidants that reduce inflammation and promote overall health.

Apple, Tomato, Strawberry, Red Bell Pepper, Beet



**YELLOW FOOD**

Excellent source of vitamin C and beta-carotene, which can boost the immune system and help build healthier bones.

Pumpkin, Sweet Potato, Orange, Clementine, Pineapple, Carrots



**GREEN FOOD**

Contains chlorophyll which stimulates the immune system and energizes the body. It also helps detoxify the body and protect the liver.

Dark Greens Vegetables, Beans, Cucumber, Celery



**PURPLE FOOD**

Rich in antioxidant called anthocyanin which help lower inflammation and protect your cell from damage. It can also help prevent age-related decline in the nervous system.

Blueberry, Eggplant, Purple Sweet Potato



**WHITE FOOD**

Contains phytonutrients that ward off bacterial or viral infection and reduce risks of chronic diseases.

Garlic, Onion, Radish, Balloon Flower Roo