Red Fruits and Vegetables

- Strawberries: anti-inflammatory
- Watermelon: 92 percent water
- Cherries: brain food
- Tomatoes: build strong bones
- Rhubarb: high in calcium
- Cranberries: beneficial to the eyes
- Red Apples: antioxidant
- Red Grapes: anti-aging
- Pomegranates: heart health
- Radishes: rich in folic acid
- Red Cabbage: rich in vitamin C
- Beets: guard against cancer
- Red Peppers: support healthy night vision
- Raspberries: rich in minerals like potassium, manganese, copper, iron and magnesium