



MOOD



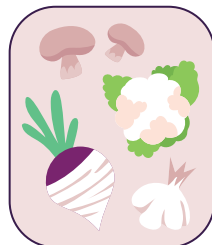
Visceral
Fat



NOTES

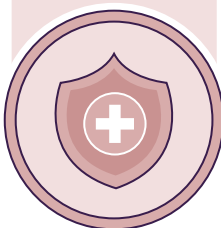
WATER





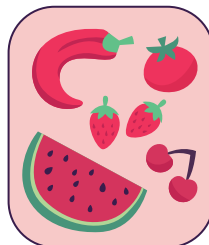
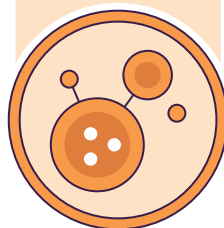
WHITE

Immune system
Healthy heart
Prevents ulcers
Healthy Colon



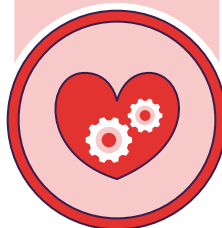
ORANGE

Antioxidant
Skin protection
Support eyesight
Healthy heart



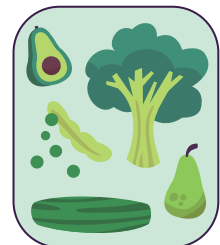
RED

Healthy heart
Prevent cancer
Help cell renewal
Skin protection



PURPLE

Help memory
Urinary system
Anti-aging
Healthy heart



GREEN

Detoxification
Healthy bones
Prevents cancer
Immune system





Dietitian's Will

Βασιλική Αμπατζιάδου