

# Eat the rainbow with soup

Soup is a great way to pack a lot of colorful veggies into one meal! Soups that feature vegetables, beans, or brown rice add fiber and nutrients to your diet. Soup is a great option if you are looking to add more fiber to your diet. It also increases your water intake and helps prevent constipation as you increase how much fiber you are eating.

## Be More Earth-Friendly

Eating sustainably is one way you can give the earth a hand. Buy your fruits and vegetables from local producers. Try eating more sustainably caught seafood. Get more of your protein from non-meat sources, like beans, lentils, nuts, and seeds.

