Eat a variety of colorful fruits and vegetables every day  ♦  Comer frutas y verduras de varios colores cada día
• Wash and thinly slice lemon. Add to water for added flavor.
• Roll lemon on counter until softened. Slice in half and squeeze lemon over your favorite salad for a simple dressing.
• Wash and slice lemon. Add slices on top of chicken or fish before cooking for added flavor.