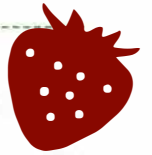


Eat the Rainbow!

Different colored fruits & vegetables are full of nutrients. Eating a variety of these helps your body stay healthy.



Green Foods

- Vitamin K helps our bodies heal quickly.
- Vitamin C keeps our immune system strong.
- Calcium keeps our bones & teeth healthy.
- B Vitamins help our body grow.



You should try...

spinach	bok choy	honeydew
celery	cucumbers	green grapes
green beans	asparagus	green apples
broccoli	kale	limes
cabbage	artichokes	avocados

Red Foods

- Lycopene protects our cells from damage.
- Vitamin C keeps our immune system strong.
- Folate helps our tissues grow and cells work.
- Fiber helps with healthy digestion and keeps us feeling full.

You should try...

tomatoes	strawberries	red onion
red peppers	cherries	red apples
red cabbage	watermelon	beets

Yellow & Orange Foods

- Potassium keeps your heart healthy.
- Vitamin A keeps your eyes healthy.
- Vitamin C keeps our immune system strong.



You should try...

carrots	pineapple	mangoes
sweet potatoes	papayas	oranges
yellow peppers	cantaloupe	lemons
pumpkins	tangerines	peaches

Blue & Purple Foods

- Antioxidants help protect our cells from damage and keep us healthy as we get older.
- Lutein keeps our eyes and skin healthy.
- Vitamin C keeps our immune system strong.



You should try...

eggplant	blueberries	plums
purple cabbage	blackberries	figs
raisins	purple grapes	

White Foods

- Allicin keeps our heart healthy.
- Vitamin C keeps our immune system strong.
- Antioxidants help protect our cells from damage.



You should try...

onion	chives	mushrooms
green onion	ginger	jicama
cauliflower	garlic	fennel

