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