

## Eat a Rainbow of Fruits and Vegetables Every Day!

Each color of fruit and vegetables provide specific nutrients and health benefits for your body.

GROWING STRONG AND HEALTHY KIDS



- Carrots
- Oranges
- Peaches
- Squash

## **YELLOW**

- **Banana**
- Mango
- Yellow pepper
- Pineapple

## GREEN

- Broccoli
- Cucumber
- Celery
- Lettuce



- PURPLE
- Blueberry
- Grapes
- Eggplant
- Blackberry



- Strawberries
- Apples
- Watermelon
- Red Pepper

Strive for 5 servings of fruits and vegetables each day